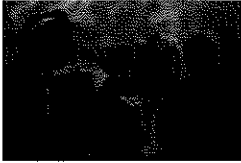
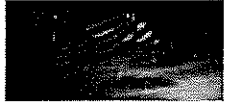
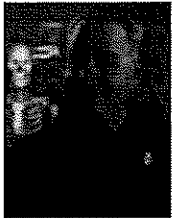


STOUGHTON COA CALENDAR JULY 2025

Stoughton Council on Aging ~ www.stoughton.org/355/Council-on-Aging

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:30 Grocery Shopping 1 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 2 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble	11:00 Lunch w/Charlie 3 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba Gold	4 CLOSED HAPPY 4TH OF JULY 
8:00 Walking Club 7 9:00 Haircuts 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Writer's Club 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 8 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo B I N G O	8:00 Walking Club 9 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Wine Bottle Craft	9:00 Line Dancing 10 9:00 Haircuts 11:00 Back Pain Discussion 11:00 Lunch w/Charlie 11:00 Quilting/Knitting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00 Crochet 5:00 Zumba Gold	8:00 Walking Club 11 9:00 Breakfast Club @ Beantown Diner 9:00 Balance w/Steve 9:30 Watercolor 10:00 Apple Club
8:00 Walking Club 14 9:00 Foot Care 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 15 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:00 Short Story Group 11:30 Bingo 	8:00 Walking Club 16 8:30 Lobster Roll Cruise 10:00 One on One IT Help w/Bill Perry 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Hearing Screening	11:00 Lunch w/Charlie 17 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 1:00 MS Support Group 1:00 Scam Bingo 5:00 Zumba Gold	8:00 Walking Club 18 9:00 Balance w/Steve 9:30 Watercolor 
8:00 Walking Club 21 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Writer's Club 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 22 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 23 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Drums Alive 1:30 Low Vision Group	11:15 Luau w/ Elderly Brothers Band 24 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba Gold	8:00 Walking Club 25 9:00 Balance w/Steve
8:00 Walking Club 28 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 29 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo	8:00 Walking Club 30 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble	31	Red - Craft Room Orange - Parking Lot Green - Big Room Blue - Lobby Indigo - Library Violet - Lunch Room Pink - Off-Site