



TUE, AUG 4TH

Coffee & Chat 9:30AM-10AM

Come help yourself to free coffee and light breakfast. We have this every morning!



Morning Stretch

10:00AM-10:20AM

Nancy Anderson from **Exhale** will lead a stretching class for all levels and mobility.



Therapy Dog in Training

9:30AM-12:30PM

Meet **Lucy**, a Standard Poodle puppy, that is in training to be a therapy dog that visits hospitals, nursing homes, etc.



TUE, AUG 11TH

Coffee & Scrabble 9:30AM-11:20AM

Come help yourself to free coffee and light breakfast while we play scrabble!



Tech Help for YOU

10:30AM-11:30AM

Get one-on-one from tech expert, Izzy Vaughan.



11:30AM-12:30PM

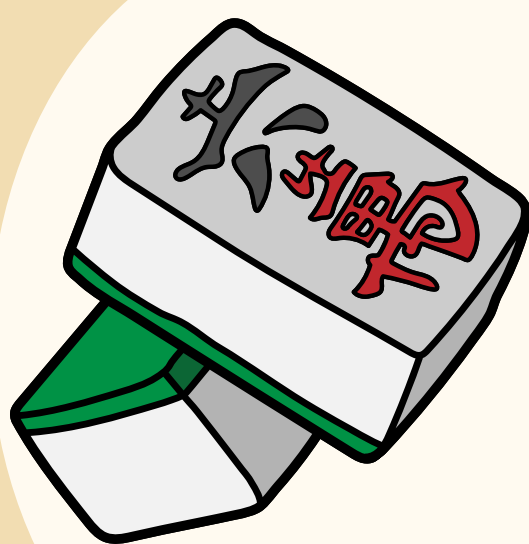
Learn from Nancy Ashmore from the Dodgeville Library about tech tips to make your life easier.

TUE, AUG 18TH

Mah Jong

9:30AM-12:30PM

A classic tile-based game of strategy, skill, and a little luck.



Cards & Board Games

9:30AM-12:30PM

Play cards or our board games.



Potluck

11:30AM-12:30PM

Bring a dish to pass and share a meal! Homemade or store bought. Can't cook? We always need help with dishes!

TUE, AUG 25TH

Plaster Cast Flowers

9:30AM-12:30PM

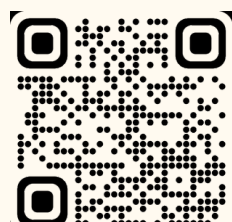
RSVP via email or on our website. All supplies provided. Free class, but 8 people limit for enrollment due to supplies. Learn to press flowers and leaves into clay and create a mold to pour plaster into to make a relief sculpture.



***SCHEDULE SUBJECT TO CHANGE, CHECK WEBSITE, MAILING LIST, OR SOCIAL MEDIA FOR UPDATES**



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Merrimac and Main



[merrimacandmain](https://www.instagram.com/merrimacandmain)

**Activities free for Seniors /
Non-Seniors \$2+ Suggested
Donation**