

# COA Calendar May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Podiatrist 9:00 - 11:00 am Strength Training 9:00 am MahJongg/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>2</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Chair Yoga 11:00 am Yoga @ 12:30 pm Veteran's Agent Afternoon Meet-Up 3:00 - 4:15 pm	<b>3</b>
<b>6</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm COA Board Mtg - Tentative @ 4:00 pm	<b>7</b> News & Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Mother's Day Flower Arrangement @ 11:30 am Studio Art Class 1:00 - 2:30 pm Grief Support Group 1:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>8</b> Strength Training 9:00 am VNA-COA 9:00 to 11:00 am Watercolor Class 9:30 - 11:30 am Mother's Day Tea @ 1:00 pm MahJongg/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>9</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Remote Shine Rep. Chair Yoga 11:00 am Lunch Bunch: The Century House Restaurant Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>10</b>
<b>13</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm Mocktail Monday @ 3:00 pm	<b>14</b> Grocery Shopping Wonders of Science @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Masco Intergenerational Trivia and Lunch @ 11:00 Studio Art Class 1:00 - 2:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>15</b> Strength Training 9:00 am Intergenerational Play Group @ 10:15 am Lunch & Learn: Online Safety @ 11:00 am MahJongg/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>16</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Frugal Fannies w/Lunch @ 9:00 am Chair Yoga 11:00 am Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>17</b>
<b>20</b> Stars & Stripes Wood Frame Making @ 9:30 am Beginners Bridge @12:30 pm Bridge @ 1:00 pm	<b>21</b> News & Views @ 9:00 am Chair Yoga @ 9:00 am Senator Tar's Rep @ 9:00 am Yoga @ 10:00 am Annual Town Election (Van Available 11:00 am - 1:00 pm) Studio Art Class 1:00 - 2:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>22</b> Strength Training 9:00 am Watercolor Class 9:30 - 11:30 am MahJongg/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>23</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Chair Yoga 11:00 am Birthday Lunch @ Noon Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>24</b>
<b>27</b> <b>CLOSED:</b> <b>Memorial Day!</b>	<b>28</b> Grocery Shopping News & Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Taco Tuesday @ Noon Studio Art Class 1:00 - 2:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>29</b> Strength Training 9:00 am MahJongg/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>30</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Chair Yoga 11:00 am Lunch Bunch: Black Cow Restaurant Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>31</b> COA Office Hours: Monday thru Thursday 8:30 AM to 4:30 PM (978) 887-3591