

# COA Calendar

## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm COA Board Mtg - Tentative @ 4:00 pm	<b>2</b> News & Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Studio Art Class 1:00 - 2:30 pm Nun of This and Nun of That! 1:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>3</b> Podiatrist 9:00 - 11:00 am Strength Training 9:00 am Mahjong/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>4</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>5</b>
<b>8</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm Mocktail Monday 3:00 pm	<b>9</b> Grocery Shopping Wonders of Science @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am Poet's Inn Restaurant & Cafe Studio Art Class 1:00 - 2:30 pm Grief Support Group 1:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>10</b> Strength Training 9:00 am VNA-CCA 9:00 to 11:00 am Meet & Greet New Town Librarian 11:00 am Watercolor Class 9:30 - 11:30 am Mahjong/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>11</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Remote Shine Rep. Chair Yoga 11:00 am Lunch Bunch: Mexicali Cantina Grill Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>12</b>
<b>15</b> <b>CLOSED:</b> <b>Patriot's Day!</b>	<b>16</b> News & Views @ 9:00 am Chair Yoga @ 9:00 am Senator Tarr's Rep @ 9:00 am Yoga @ 10:00 am Mini Spring Oasis 11:30 am Studio Art Class 1:00 - 2:30 pm Bridge 1:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>17</b> Strength Training 9:00 am Scam Presentation 11:00 am Mahjong/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>18</b> Tri-Town Public Health Nurse 9:00 am - 2:00 pm Chair Yoga 11:00 am Lunch Bunch: Fusilli's Cucina Yoga @ 12:30 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>19</b>
<b>22</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm Book Club @ 1:00 pm	<b>23</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>24</b> Strength Training 9:00 am Watercolor Class 9:30 - 11:30 am Intergenerational Play Group @ 10:15 am Mahjong/Game Day @ 1:00 pm Qigong 3:00 pm Afternoon Meet-Up 3:00 - 4:15 pm	<b>25</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>26</b>
<b>29</b> Beginners Bridge @12:30 pm Bridge @ 1:00 pm	<b>30</b> News & Views @ 9:00 am Chair Yoga @ 9:00 am Yoga @ 10:00 am The Silver Fountain Tea Parlor Studio Art Class 1:00 - 2:30 pm Afternoon Meet-Up 3:00 - 4:15 pm			<b>COA Office Hours:</b> <b>Monday thru Thursday</b> <b>8:30 AM to 4:30 PM</b> <b>(978) 887-3591</b>