

COA Calendar

January 2020

***Please Refer to the
Bulletin for Activity Times***

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed: New Year's Day!	2 Line Dancing Yoga Strength Training Congregate Lunch Veteran's Agent Grief & Loss Support Group	3
6 Nordic Pole Walking Class Seated Massage Art Class	7 News & Views Chair Yoga Yoga Strength Training Congregate Lunch	8 Ultimate Walking Tai Chi w/Kampa ZUMBA MahJongg/Game Day COA Board Meeting - Tentative	9 Line Dancing Yoga Strength Training Congregate Lunch Movie Health Benefits Counseling	10
13 Nordic Pole Walking Class Seated Massage Art Class Cooking with Renee Tea and Mystery Fire Prevention 101 - Session 4	14 News & Views Chair Yoga Yoga Strength Training Congregate Lunch Senator Tarr's Rep VNA - COA	15 Ultimate Walking Tai Chi w/Kampa ZUMBA MahJongg/Game Day	16 Line Dancing Yoga Strength Training Congregate Lunch Movie Veteran's Agent Community Giving Tree	17
20 Closed: Martin Luther King's Day!	21 The Wonders of Science Chair Yoga Yoga Strength Training Congregate Lunch	22 Ultimate Walking Tai Chi w/Kampa ZUMBA MahJongg/Game Day	23 Line Dancing Yoga Strength Training Congregate Lunch Movie	24 COA Office Hours: Monday thru Thursday 8:30 AM to 4:30 PM (978) 887-3591
27 Nordic Pole Walking Class Seated Massage Art Class	28 News & Views Chair Yoga Yoga Strength Training Congregate Lunch	29 Ultimate Walking Tai Chi w/Kampa ZUMBA MahJongg/Game Day Birthday Lunch	30 Line Dancing Yoga Strength Training Congregate Lunch Movie	31