

COA Calendar

March 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nordic Pole Walking Class Seated Massage Art Class	3 News & Views Chair Yoga Yoga Strength Training Congregate Lunch	4 Ultimate Walking / Tai Chi w/Kampa ZUMBA MahJongg/Game Day COA Board Meeting - Tentative Lunch Bunch	5 Line Dancing Yoga Strength Training Congregate Lunch Movie Veteran's Agent Grief & Loss Support Group	6
9 Nordic Pole Walking Class Seated Massage Art Class Tea and Mystery Cooking with Renee Grocery Shopping	10 News & Views Chair Yoga Yoga No Strength Training Congregate Lunch VNA - COA	11 NO ACTIVITIES TODAY St. Patrick's Luncheon	12 Line Dancing Yoga No Strength Training Congregate Lunch Movie Health Benefits Counseling	13
16 Nordic Pole Walking Class Seated Massage Art Class	17 News & Views Chair Yoga Yoga Strength Training Congregate Lunch Senator Tarr's Rep Masco St. Pat's Dinner	18 Ultimate Walking / Tai Chi w/Kampa ZUMBA MahJongg/Game Day Hollywood Wild West to Movie Mecca	19 Line Dancing Yoga Strength Training Congregate Lunch Movie Veteran's Agent Community Giving Tree	20
23 Nordic Pole Walking Class Seated Massage Art Class Grocery Shopping	24 News & Views Chair Yoga Yoga Congregate Lunch Strength Training	25 Ultimate Walking / Tai Chi w/Kampa ZUMBA MahJongg/Game Day Birthday Lunch	26 Line Dancing Yoga Strength Training NO Congregate Lunch Lunch Bunch	27 COA Office Hours: Monday thru Thursday 8:30 AM to 4:30 PM (978) 887-3591
30 Nordic Pole Walking Class Seated Massage Art Class	31 News & Views Chair Yoga Yoga Strength Training Congregate Lunch			