

COA MONTHLY ACTIVITIES

November 2-6

Tue.11/3	Foot Care with Jennifer	8:30-1:30
Tue.11/3	Friends of the COA Board	9 a.m.
Wed.11/4	Attorney Kosman	10-11:30
Wed.11/4	Massage with Kimlyn	9:15-12
Wed.11/4	Pizza and a Movie	11:30
Fri.11/6	Foot Care with Janet	9-2:30

November 9-13

Mon.11/9	COA Board Meeting	10 a.m.
Tue.11/10	Foot Care with Jennifer	8:30-11:30
Tue.11/10	Reflexology with Araci	9-11
Tue.11/10	Digital Camera Club	1 p.m.
Wed.11/11	Veterans Day - Center Closed	

November 16-20

Mon.11/16	Hearing Tests	2-3
Wed.11/18	??? and a Movie	11:30
Thu.11/19	Attorney Lavender	9-11
Thu.11/19	Massage with Kimlyn	9:15-12

November 23-27

Tue.11/24	Stony Hill Book Club	1 p.m.
Wed.11/25	Reflexology with Araci	9-11
Thu.11/26	Thanksgiving - Center Closed	
Fri. 11/27	Thanksgiving - Center Closed	

November 30

WEEKLY ACTIVITIES

Monday

Parkinson's Group 11 a.m.

Tuesday

Aerobics with Sue 9 a.m.
Wii Video Game 1-2:30
TOPS 4 p.m.

Wednesday

Dancercise 8:45
Blood Pressure 9-11
"Eating Healthy" 9:30
Tai Chi Class 9:45
Parkinson's Group 11 a.m.

Thursday

Aerobics with Sue 9 a.m.
Bridge Game 1 p.m.
Wii Video Game 1-2:30
Busy Fingers 1:30

Friday

SHINE 8:30-11
Dancercise 8:45
Scrabble/Cribbage 10:00

COA SOCIALS at 2 P.M.

Nov. 4 - Harry French

Guitarist, Vocalist, One Man Band

Dec. 9 - NoteAbles Community Chorus

Director, Chris Morris

CHATHAM WALKERS meet at

7 a.m. on Tuesday, Thursday and Saturday at Oyster Pond. Call

Kathleen Read at (508)

945-6022 for more information

