May 2009

Mon	Tue	Wed	Thu	Fri
				1 8:30-9:30 Cardio Flex 10:00-12:00 Beginner Bridge 12:30-3:10 Movie 1:00-4:30 Poker - - - - - - - - - - - **Saturday, May 2** 9:00-11:30 Hazardous Waste Collection Day
4 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage **1:00 Sign Ups begin** 1:00-3:00 SHINE	**5** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:30-12:00 Cosmo Cuts Pampering 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:30-3:00 Poetry Program 2:00 Striders Walking Group	**6** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	**7** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 11:45 Mother's Day Lunch 12:30-2:00 Jazz Performance	**8** 8:30-9:30 Cardio Flex 9:00-10:30 Beading Class 10:00-11:30 Computer Club 10:00-12:00 Beginner Bridge 11:45 Life Care Luncheon 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
11 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 12:30-1:30 Big Band Music 1:00-3:00 SHINE 3:45 COA Board Meeting	**12** 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 1:00-2:00 Friendly Visitor Mtg 1:30-3:00 Poetry Program- last 2:00 Striders Walking Group	**13** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 9:15 Moakley Courthouse Tour 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	**14** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:00 Elder Law Program	**15** 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-12:00 Beginner Bridge 12:30-2:30 Movie 1:00-4:30 Poker
18 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 10:30-12:00 Cribbage 12:30-1:30 Big Band Music 1:00-3:00 SHINE	**19** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Wii Lesson 12:30-3:00 Mah Jongg/Train 1:00-2:00 Bookies 2:00 Striders Walking Group	**20** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Lunch AT Robbins Brook 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 6:30pm Health Plan Options	**21** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:15 Art Awareness	**22** 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Beginner Bridge 1:00-4:30 Poker 1:30-3:00 Genealogy 2:30-3:45 Chair Massages
25 COA Closed Memorial Day	**26** 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 11:00-12:00 Wii 12:30-3:00 Mah Jongg/Train 2:00 Striders Walking Group	**27** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 1:00-2:00 Day of Rememberance 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	**28** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 1:00-2:15 Art Awareness	**29** 8:30-9:30 Cardio Flex 9:30-10:30 Coffee with Rep. Jen Benson 10:00-12:00 Beginner Bridge - last 12:30-2:35 Movie 1:00-4:30 Poker