

# MAY - 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Don't forget May 3 Braintree "Beautification Day"</b></p> <p><b>Please take pride in your town &amp; everyone clean it up!</b></p>	<p><b>*COA Van trips to Library on Tuesdays</b></p> <p><b>Call for ride!</b></p>		<p style="text-align: right;"><b>1</b></p> <p>9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p style="text-align: right;"><b>2</b></p> <p>9:00 Exercise <b>9:30 Van Trip*</b> to Wal-Mart/Roche Bros 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker</p>
<p style="text-align: right;"><b>5</b></p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 <b>NO</b> Line Dancing</p>	<p style="text-align: center;"><b>6</b></p> <p>9:00 Stop &amp; Shop Bus 9:00 Chess 9:30 Computer 101A <b>10:00 Low Vision Group Meeting</b> <b>10:00 "Aging in Place" Seminar at COA*</b> 10:00 Walking Group <b>10:00 SHINE Insurance</b> (help by appointment only) <b>10:00 Hospice of So. Shore</b> (8 wk. Bereavement Program) 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage</p>	<p style="text-align: center;"><b>7</b></p> <p>Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker <b>1:00 Bingo*</b></p> <p style="text-align: center;"><b>COA Trip to Amesbury lunch &amp; play ticket holders only!</b></p>	<p style="text-align: right;"><b>8</b></p> <p>9:30 Chair Yoga 10:00 Photography <b>10:00 Financial Planning help (by appointment only)</b> 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p style="text-align: right;"><b>9</b></p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 1:00 Women's poker <b>2:00 Singers from Wellesley College* &amp; Ice Cream Sundaes</b></p>
<p style="text-align: right;"><b>12</b></p> <p>9:00 Exercise 10:00 Scrabble <b>10:00 Blood Pressure at Heritage Housing</b> 12:00 Poker 12:30 Line Dancing <b>1:00 Belles &amp; Beaux Music/Refreshments*</b></p>	<p style="text-align: center;"><b>13</b></p> <p>9:00 Stop &amp; Shop Bus 9:00 Chess 9:30 Computer 101A <b>10:00 Blood Pressure at COA Senior Center</b> 10:00 Walking Group <b>10:00 SHINE Insurance</b> (help by appointment only) <b>10:00 Hospice of So. Shore</b> (8 wk. Bereavement Program) 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage <b>3:00 Supper Club* Webster's Restaurant</b></p>	<p style="text-align: center;"><b>14</b></p> <p>Shopping Shuttle/S&amp;S 9:00 Exercise 10:00 Handicrafts 10:00 Quilting <b>10:30 TRIAD Meeting</b> <b>10:30 Ask the Lawyer (free by appointment)</b> 12:00 Poker <b>1:00 Eye Exams (free by appointment)</b></p>	<p style="text-align: right;"><b>15</b></p> <p>9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p style="text-align: right;"><b>16</b></p> <p>9:00 Exercise <b>9:30 Van Trip*</b> to: Hanover Mall/Trader Joe's 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker <b>12:30 Ask the Lawyer (free by appointment)</b> 1:00 Women's poker <b>2:00 COA Board Meeting* (open to public)</b></p>



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<p style="text-align: right;"><b>19</b></p> <p>9:00 Exercise  10:00 Scrabble  12:00 Poker  12:30 Line Dancing  <b>1:00 Tea &amp; Special Entertainment*</b></p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 Stop &amp; Shop Bus  9:00 Chess  9:30 Computer 101A  10:00 Walking Group  <b>10:00 SHINE Insurance</b>  (help by appointment only)  <b>10:00 Hospice of So. Shore</b>  (8 wk. Bereavement Program)  10:45 Computer 101B  1:00 Bridge  1:00 Cribbage</p>	<p style="text-align: right;"><b>21</b></p> <p>Shopping Shuttle/Shaws  9:00 Exercise  10:00 Handicrafts  10:00 Quilting  12:00 Poker  <b>1:00 Bingo</b>  <b>1:00 Hearing Exams</b>  <b>(free by appointment)</b></p>	<p style="text-align: right;"><b>22</b></p> <p>9:30 Chair Yoga  10:00 Photography  1:00 Art Group  1:00 Knit/Crochet  1:00 Bid Whist</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Exercise  10:00 Weight Loss Support group  11:00 Tai Chi  12:00 Poker  1:00 Women's poker</p> <p style="text-align: center;"><b>Sign up for July Trip Drawing on Tuesday!</b></p>
<p style="text-align: right;"><b>26</b></p> <p style="text-align: center;"><b>COA CENTER CLOSED For "Memorial Day"</b></p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 Stop &amp; Shop Bus  9:00 Chess  9:30 Computer 101A  10:00 Walking Group  <b>10:00 SHINE Insurance</b>  (help by appointment)  <b>10:00 Hospice of So. Shore</b>  (8 wk. Bereavement Program)  <b>10:30 Trip Lottery/July</b>  <b>11:00 Red Hat Meeting</b>  10:45 Computer 101B  1:00 Bridge  1:00 Cribbage  <b>1:00 Ask the Lawyer</b>  <b>(free by appointment)</b>  <b>3:00 Supper Club*</b>  <b>Hearth &amp; Kettle Restaurant</b></p>	<p style="text-align: right;"><b>28</b></p> <p>Shopping Shuttle/S&amp;S  9:00 Exercise  10:00 Handicrafts  10:00 Quilting  12:00 Poker  <b>12:00 Movie Day*</b>  <b>Movie: Fool's Gold</b>  <b>Bring lunch, free coffee pastry &amp; popcorn!</b></p> <p><b>(Movie subject to change - call day of movie in a.m. to check title)</b></p>	<p style="text-align: right;"><b>29</b></p> <p>9:30 Chair Yoga  1:00 Art Group  1:00 Knit/Crochet  1:00 Bid Whist</p>	<p style="text-align: right;"><b>30</b></p> <p>9:00 Exercise  10:00 Weight Loss Support group  11:00 Tai Chi  12:00 Poker  1:00 Women's poker</p> <p style="text-align: center;"><b>12:00 Associates Annual Meeting*</b></p>

**Please note:** All **special activities\*** will have a write up in this newsletter with information regarding the activity date, charges, sign up

requirements etc. Please check newsletter or call **781-848-1963** for this important information.