



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 10:00 SHINE Open Enrollment 11:30 Salisbury Steak 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band /Dancing</p> <p>11:30-12:30 Soup & Salad Bar</p> <p>Ping Pong Table open</p> 	<p>3</p> <p>9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 9:30 COA Meeting 10:00 Hearing Aid Cleaning 10:00 Art Program 10:00 Knit & Crochet Group 10:00 Gentle Mat YOGA 10:30 Whist 11:00 Duplicate Bridge 11:00 Handy Sewing Lady 11:30 Oven Fried Chicken 11:45 Computer Volunteers Meet 11:45 Singing Seniors 12:30 Scrabble 1:00 Eurhythmy Exercise 11:30-12:30 Soup & Salad Bar</p>	<p>4</p> <p>9:30 VNA Health Clinic 10:00 Morning Bingo 10:00 Enhanced Fitness 11:30 Oven Broccoli Bake 12:30 Bingo 1:00 Breathe/Posture 4:30 Senior Supper</p> <p>11:30-12:30 Soup & Salad Bar</p>	<p>5</p> <p>10:00 Art Program 10:00 Chair Yoga Plus 10:00 Memoir Group Meets 11:30 Stuffed Peppers 12:30 Thursday Movie 12:30 Legal Questions and Info 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise</p> <p>11:30-12:30 Soup & Salad Bar</p> <p style="color: red;">Senior Center Christmas Fair 10:00—1:30</p>	<p>6</p> <p>9:00 Enhanced Fitness 10:00 SHINE Open Enrollment 10:00 November Brown Bag Senior Market 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Braised Pork 12:15 Aqua-Adventure 12:30 Bingo</p> <p style="color: red;">Senior Center Christmas Fair 10:00—1:00</p>
<p>9</p> <p>9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Salisbury Steak 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band /Dancing</p> <p>11:30-12:30 Soup & Salad Bar</p> <p>Ping Pong Table open</p>	<p>10</p> <p>9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Knit & Crochet Group 10:00 Gentle Mat YOGA 10:30 Whist 11:00 Duplicate Bridge 11:00 Bridgewell Christmas Songs 11:00 Handy Sewing Lady 11:30 Splnach & Cheese Frittata 11:45 Singing Seniors 12:30 Scrabble 1:00 Eurhythmy Exercise 1:00 Cribbage Tournament 11:30-12:30 Soup & Salad Bar</p>	<p>11</p> <p>8:00 Friends of the COA 9:30 VNA Health Clinic 9:30 State Sen. Bruce Tarr Service Visit 10:00 Rose Baker Book Club 10:00 Enhanced Fitness 11:30 Beef Stew 12:30 Bingo 1:00 Breathe/Posture</p> <p>11:30-12:30 Soup & Salad Bar</p>	<p>12</p> <p>9:30 Blitz Bingo 10:00 Art Program 10:00 COA Van to Walmart 10:00 Triad Meeting: Guest Speaker: Fraud Prevention 10:00 Chair Yoga Plus 11:00 Hot Dog 12:30 Thursday Movie 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise</p> <p>11:30-12:30 Soup & Salad Bar 6:00-7:00 Senator Tarr & North Shore Toy Drive at Cape Ann Savings Bank</p>	<p>13</p> <p>9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Chicken /Honey Mustard 12:15 Aqua-Adventure 12:30 Bingo 1:00 Science Discussion Group</p> 
<p>16</p> <p>9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Ribque 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band /Dancing</p> <p>4:30 COA Van Christmas Lights</p>	<p>17</p> <p>9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Hearing Aid Cleaning 10:00 Knit & Crochet Group 10:00 Gentle Mat YOGA 10:30 Whist 11:00 Handy Sewing Lady 11:00 Duplicate Bridge</p>	<p>18</p> <p>9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Chicken Mirabella 12:30 Bingo 1:00 Breathe/Posture 4:30 COA Van Christmas Lights</p>	<p>19</p> <p>10:00 Art Program 10:00 Chair Yoga Plus 10:00 Memoir Group Meets 10:00 Financial Consultation 11:00 Fall Risk Screening 11:30 Christmas Party: Ham-Brown Sugar Glaze Entertainment 1:00 Thursday Movie</p>	<p>20</p> <p>9:00 Enhanced Fitness 10:00 COA Van to RMV 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Sloppy Joe 12:15 Aqua-Adventure 12:30 Bingo 12:30 Stock Trader Group</p>

<p>11:30-12:30 Soup & Salad Bar</p> <p>Ping Pong Table open</p>	<p>11:30 Duplicate Bridge</p> <p>11:30 Stuffed Shells</p> <p>11:45 Singing Seniors</p> <p>12:30 Scrabble</p> <p>1:00 Cribbage Tournament</p> <p>1:00 Eurhythmy Exercise</p> <p>11:30-12:30 Soup & Salad Bar</p>	<p>11:30-12:30 Soup & Salad Bar</p>	<p>1:00 Contract Bridge</p> <p>1:30 Chess Club</p> <p>2:00 Parkinson's Exercise</p> <p>4:30 COA Van Christmas Lights Tour</p>	
<p>23</p> <p>9:45 CATA Trip</p> <p>10:00 Art Program</p> <p>10:00 Enhanced Fitness</p> <p>11:30 Chicken Scampi</p> <p>11:30-12:30 Soup & Salad Bar</p> <p>1:00 N.A. Exercise / at MAGMA</p> <p>Ping Pong Table open</p>	<p>24</p> <p>Senior Center Closed Today</p>  <p>Christmas Eve</p>	<p>25</p> <p>Merry Christmas!!</p> <p>Senior Center Closed</p> 	<p>26</p> <p>10:00 Art Program</p> <p>10:00 Chair Yoga Plus</p> <p>10:00 Let's Talk Program</p> <p>11:00 Fall Risk Screening</p> <p>11:30 Chicken Cordon Blu</p> <p>12:30 Thursday Movie</p> <p>1:00 Contract Bridge</p> <p>1:30 Chess Club</p> <p>1:00 Parkinson's Support</p> <p>2:00 Parkinson's Exercise</p>	<p>27</p> <p>9:00 Enhanced Fitness</p> <p>10:15 Zumba Dance Exercise -away</p> <p>10:00 December Brown Bag Senior Food Mart</p> <p>11:00 Tai Chi Easy</p> <p>11:30 Beef Burgundy</p> <p>12:15 Aqua-Adventure</p> <p>12:30 Bingo</p>
<p>30</p> <p>9:45 CATA Trip</p> <p>10:00 VMA Health Clinic</p> <p>10:00 Art Program</p> <p>10:00 Enhanced Fitness</p> <p>11:30 Chicken Scampi</p> <p>11:30-12:30 Soup & Salad Bar</p> <p>12:30 Seafood Retirees Meet</p> <p>1:00 N.A. Exercise / at MAGMA</p> <p>Ping Pong Table open</p>	<p>31</p> <p>9:00 Aqua-Fit at the YMCA</p> <p>9:00 Tai Chi Easy</p> <p>10:00 Art Program</p> <p>10:00 Gentle Mat YOGA</p> <p>10:00 Knit & Crochet Group</p> <p>10:30 Whist</p> <p>11:00 Duplicate Bridge</p> <p>11:00 Handy Sewing Lady</p> <p>11:30 Turkey a la King</p> <p>11:45 Singing Seniors</p> <p>12:30 Scrabble</p> <p>1:00 Cribbage Tournament</p> <p>1:00 Eurhythmy Exercise</p> <p>11:30-12:30 Soup & Salad Bar</p>	<p style="text-align: center;">DECEMBER 2019</p> <div style="border: 2px solid red; padding: 10px; margin: 10px;"> <p style="text-align: center;">Breakfast with Santa Sunday, December 15 10:00am Rose Baker Senior Center Pancakes, Scrambled Eggs, Bacon, Sausages, Bagels, Donut Holes For Tickets, please call RoseAnne 978 335-0755 Rosalie 978 491-9175 Special Guest, of course, is Santa</p> </div> <div style="border: 2px solid green; padding: 10px; margin: 10px;"> <p style="text-align: center;"><u>COA Van Trips:</u> <u>Register & Information at Reception Desk</u></p> <p>Thursday, Dec. 5: Job Lots & Lunch Friday, Dec. 6: Walmart & Lunch Tuesday, Dec. 9: Christmas Tree Shop Thursday, Dec. 12: Walmart & Lunch Sunday, Dec. 15: Breakfast with Santa Monday, Dec. 16, until Thursday, Dec. 19: Christmas Light Trips leaving at 4:30 pm Friday, Dec. 20: Registry of Motor Vehicles</p> </div>		

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