

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing</p>	<p>3</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Low Vision Meeting (open to public)* 10:00 Walking Group 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage</p>	<p>4</p> <p>Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 BINGO</p>	<p>5</p> <p>9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>6</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>9</p> <p>9:00 Exercise 10:00 Blood Pressure @ Independence Manor 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux Musical Group* Refreshments served Everyone invited!</p>	<p>10</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure @ COA Senior Center 10:00 Wii Games 10:00 Walking Group 10:00 SHINE Ins. help (Please call for appt.) 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage 3:00 Supper Club at Bertucci's Restaurant</p>	<p>11</p> <p>Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 10:30 TRIAD Meeting 10:30 Ask the Lawyer (free by appointment) 12:00 Poker 1:00 Eye Screenings (free by appointment)</p>	<p>12</p> <p>Braintree COA Open House 10 a.m. - Noon</p> <p>9:30 Chair Yoga 10:00 Financial Planning (by appts.) 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>13</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>16</p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing</p>	<p>17</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Wii Games 10:00 Walking Group 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage</p> <p>Irish Village Senior Trip* (Ticket holders only!)</p>	<p>18</p> <p>Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 BINGO 1:00 Hearing Exams (free by appointment)</p>	<p>19</p> <p>9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>20</p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Ask the Lawyer (free by appointment) 1:00 Women's poker 2:00 COA Board Meeting* (Open to public)</p>
<p>23</p> <p>9:00 Exercise 10:00 Trip Lottery for May Trip 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Tea at Savoy* Tea, pastries & music Everyone invited!</p>	<p>24</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Wii Games 10:00 Walking Group 10:00 SHINE Ins. help (Please call for appt.) 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge 1:00 Cribbage 1:00 Ask the Lawyer (free by appointment) 3:00 Supper Club at Lobster Hut/Brockton</p>	<p>25</p> <p>Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 12:00 Movie Day Movie: "Nights in Rodanthe" (Movie subject to change call today in a.m. to check title)</p>	<p>26</p> <p>9:30 Chair Yoga 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 2:00 Associates Meeting</p>	<p>27</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>30</p> <p>9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing</p>	<p>31</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Wii Games 10:00 Walking Group 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage</p>	<p>March 2009</p>		<p>*Special activities will have a write up in this newsletter with information regarding the activity, date, charges and all/any sign up requirements*</p> <p>Please check newsletter or call 781-848-1963 for all this important information!</p>