

# PROGRAMS & SERVICES (MAY/JUNE 2024)

## Exercise & Fitness

*Participation in exercise activities require a current physician's release (2024) on file in the COA Office*

**Chair Yoga & Sound Meditation** - with Sherrie Best  
Mondays & Fridays at 10:30 am. Chair Yoga followed by Sound Meditation. A free program for Seniors!

**Senior Fitness** - with Barbara Barsham  
Tuesdays & Thursdays from 9:30 am - 10:30 am. \$7 per class.  
Seated exercise class with hand held equipment.

**Senior Yoga / Yoga & Weights** - with Linda Sheldon  
\$7 per class Mondays (Yoga): 9:00 - 10:00 am  
Tuesdays & Thursdays (Yoga & Weights): 12:00 - 1:00 pm  
Fridays (Yoga & Weights): 9:00 - 10:00 am

**Walk n' Talk with Outreach** - with Kari Phinney, Ext: 5227  
Wednesdays at 11:00 am. Walk on the canal, weather permitting.

**Senior Basketball Shoot around** - Mondays at 10:30 am  
Bring your own basketball and practice shooting hoops!

**Balance & Conditioning Wednesdays** with Neil Sullivan at 9:00 am  
Registration \$7 session and now on **Mondays at 2:30 pm**

**Back Care & Core Strengthening on Wednesdays** - with Neil Sullivan at 2:30 pm \$7 per class

**Tai Chi**—with David Kisiday—Tuesdays 3:00 pm \$7.00 per class

**Zumba-Low Impact** with Annette Johnson 7 Week session \$56 for the session Fridays 9:30 am

## Health & Wellness

**\*Foot Care Services** - with Dr. Michael Gavigan, DPM - For those 60+ and non-diabetic. Appointments are available for \$30 per visit. Call the COA at 508-759-0600 Ext: 5300 to schedule an appointment.

**\*Hearing Clinic, At Home Hearing Healthcare** - 3rd Friday of each month from 10:00 - 11:30 am. Call the COA Office for an appointment at 508-759-0600 Ext: 5300.

**\*Reiki** - with Sherrie Best \$6.00 Mon, Tues, & Fridays. Call Sherrie at Ext: 5230 to schedule an appointment.

**Wellness Clinic** -with the VNA - Wednesdays at **9:00– 10:30 am**  
1-on-1 consultation with nurse. Blood Pressure check.

## Community Service

**(Call the COA for an Appointment)**

**\*Attorney Michael Lavender** - 3rd Tuesday every month from 12:30 pm - 2:45 pm. Elder Law/Elder Issues, Estate Planning Free legal consultation & document review.

**\*Attorney Conni L. Baker** - 4th Wednesday from 9:00 am - 11:00 am. Specializes in Estate Plans, Medicaid. Consult is Free.

**\*South Coastal Counties Legal Services, Inc.** - 2nd Tuesday (Bi-monthly) from 1:00 pm - 3:00 pm. Practice areas: income maintenance issues, health care, long-term care, nutrition, housing, utilities, protective services, defense of guardianship, abuse, neglect, and age discrimination.

**\*Financial Planning** - with Sandy Childs of Edward Jones  
1st Tuesday of the month. Appointments from 2:00 - 3:30 pm.

**\*S.H.I.N.E.**—Medicare Counseling , Wednesdays **BOURNE RESIDENTS ONLY.** Call 508-759-0600 Ext: 5300 to schedule an appointment.

## Support Groups & Services

**\*Outreach Services** - For confidential help with services, referrals & overcoming problems please call: **Kari Phinney at Ext: 5227**

**The Bridge Respite Care Day Program**—Wed/Thur 10:00 am–2:00 pm, New program Starting this spring. Call Elisa Lynch for more info. at 508-759-0600 ext. 5231

**Connection Café** - This program runs once per month and is designed for individuals with memory concerns and their care-partners. For more information or to register, contact **Elisa at (508) 759-0600 x 5231.**

**Family Caregiver Support & Companion Group** - with Alzheimer's Family Support Center. 2nd & 4th Monday of the Month (unless a there is a holiday) 2:30 - 4:00 pm **Registration Required call 508-896-5170.**

**Low Vision & Sight Loss Support group** - 4th Tuesday at 10:30 am. Contact Rhonda at 508-394-3904 for more info.

**\*Independence House, Domestic Violence Counseling** - 1st Tuesday of the month 10:00 am - 12:00 pm and 4th Wednesday 9 -11 am. For more information, call Freddi Chapman 508-771-6507 Ext: 241.

**Veterans Coffee Hour**—2nd Wednesday of the month at 9:00 am with Guy Gottschalk and Kari Phinney. **Registration Required call COA office**

## Try Your Talents

**Canalside Artists** - with Kate Furler  
\$15 per class (starting 4/1) . Tuesdays at 9:30 am.

**The COA Crafters** - Fridays at 9:00 am.  
Come join this craft group. New crafters welcome.

**Senior Quilters** - with Judy Stuart  
Mondays at 9:30 - 11:30 am.

**Rug Hooking** - First Tuesday of the Month at 10:30 am - 3:30 pm.  
\$80 per 5 month session with Betty McClellent

**Drum Circle** - with Sherrie Best @ 1:30 pm *(See Calendar)*

## Recreation, Social, & Educational Activities

**Coffee Chat-** 9:00 –10:00 am Social group meets in the café once per month for coffee & refreshments (FREE) see calendar exact dates.  
*(Formally Coffee Talk)*

**Mah Jongg** - Tuesdays 1:00 pm. The ancient Chinese game of self challenge.

**Cards/Canasta** - Thursdays at 1:00 pm.

**Movie** - Third Friday of the month—see calendar for dates.\$1.00 Includes popcorn and drink.

**Book Club** - 1st Monday of the Month at 1:00 pm.  
Call office for more info.

**Team Trivia** - with Rodney Weston, 3rd Tuesday of the month  
At 11:00 am

**\*Gadget Tech Assistance-** need help with your cell phone, tablet or laptop? Call COA Office to schedule an appointment .

**Games, Puzzles & Cards** - Mondays at 1:00, assorted board games, and puzzles available in the Veteran's Lobby. No registration required

**LGBTQ Meet-up** see calendar for details

*\*Indicates program is by appointment only - Call COA at 508-759-0600 x5300. Our website:*

*[www.townofbourne.com/council-on-aging](http://www.townofbourne.com/council-on-aging)*