

PROGRAMS & SERVICES (MAR/APR 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 - 10:00 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

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

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 10:30 - 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– 10:00 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.

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

www.townofbourne.com/council-on-aging

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 McClentic

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.

Canasta "Hand & Foot" - Thursdays at 1:30 pm. Come play and learn!

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