

BOURNE COUNCIL ON AGING NOVEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7
9:00-10:00 Yoga
9:00-11:00 Sr Quilters
9:00-11:00 Flu Clinic at Community Center
9:00-Noon Dr Gavigan
10:30-11:30 Meditation for Beginners
Noon: Community Café
1:30-3:30 3D Ornaments Class with Marge Primavera
2:00-4:00 Fuel Assistance

Daylight Savings Ends Nov 6

14
9:00-10:00 Yoga
9:00-11:00 Sr Quilters
10:00-11:30 Grandparents Group
10:30-11:30 Meditation for Beginners
Noon: Community Café
1:30 Never Stop Learning program
2:00-4:00 Fuel Assistance

21
9:00-2:00 Falmouth Shop lunch at 99 Restaurant
9:00-10:00 Yoga
9:00-11:00 Sr Quilters
9:30-11:00 Rep Randy Hunt
10:30-11:30 Meditation for Beginners
Noon: Community Café
2:00-4:00 Fuel Assistance

28
9:00-10:00 Yoga
9:00-11:00 Sr Quilters
10:30-11:30 Meditation for Beginners
Noon: Community Café
2:00-4:00 Fuel Assistance

1 9:00-11:00 Shopping at Market Basket (Cape side)
9:00-11:00 Powerful Tools for Caregivers Series
9:00-3:00 SHINE at JBL
10:00-Noon Canalside Artists
10:00-3:00 Rug Hooking
11:15 -12:15 Sit & Be Fit
12:15- 1:15 Sr Yoga & Wt Train
12:30 Mah Jongg
1:30 Parkinson's Group

8
ELECTION DAY
9 - 2 transportation available
9:00-11:00 Powerful Tools for Caregivers Series
9:00-3:00 SHINE at JBL
10:00-Noon Canalside Artists
11:00 Diabetes Group
11:15 -12:15 Sit & Be Fit
12:15- 1:15 Sr Yoga & Wt Train
12:30 Mah Jongg
1:30-3:30 Atty Kosman

15
9:00-11:00 Shopping at Market Basket (Cape side)
9:00-11:00 Powerful Tools for Caregivers Series
9:00-3:00 SHINE at JBL
10:00-Noon Canalside Artists
11:15 -12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wt Train
12:30 Mah Jongg
12:30-3:00 Atty Lavender

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9:00-11:00 Powerful Tools for Caregivers Series
9:00-3:00 SHINE at JBL
10:00-Noon Canalside Artists
11:15 -12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wt Train
12:30 Mah Jongg

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9:00-11:00 Powerful Tools for Caregivers Series
9:00-2:00 Wareham Crossing shopping- lunch at Gateway
9:00-3:00 SHINE at JBL
10:00-Noon Canalside Artists
11:15 -12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wt Train
12:30 Mah Jongg

2 9:00 Zumba Gold
9:00-3:00 SHINE
9:30-11:00 Blood Pressure
9:30-11:30 Knitter's Group
10:00 Bay Area Sr Cyclists
10:30-11:30 Senior Fitness
10:30-Noon Woodcarving
11:30-1:00 Soup & Sandwich
2:00-4:00 Fuel Assistance
3:30 COA Volunteer Training

9 8:00 Men's Breakfast
9:00 Zumba Gold
9:00-3:00 SHINE
9:30-11:00 Blood Pressure
9:30-11:30 Knitter's Group
10:00 Bay Area Sr Cyclists
10:00-11:30 Caregivers Group
10:00-Noon Current Events
10:30-11:30 Senior Fitness
10:30-Noon Woodcarving
11:30-1:00 Soup & Sandwich
1:30 -3:30 Writer's Group
2:00-4:00 Fuel Assistance
5:00-7:00 Grandparents Information Exchange Tour

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9:00 Zumba Gold
9:00-3:00 SHINE
9:30-11:00 Blood Pressure
9:30-11:30 Knitter's Group
10:00 Bay Area Sr Cyclists
10:30-11:30 Senior Fitness
10:30-Noon Woodcarving
11:30-1:00 Soup & Sandwich
2:00-4:00 Fuel Assistance

23 9:00 Zumba Gold
9:00-11:00 SHINE
9:00-11:30 Atty Mello
9:30-11:00 Blood Pressure
9:30-11:30 Knitter's Group
10:00 Bay Area Sr Cyclists
10:00-11:30 Caregivers Group
10:00-Noon Current Events
10:30-11:30 Senior Fitness
10:30-Noon Woodcarving

Senior Center and Community Building CLOSED AT NOON

30
9:00 Zumba Gold
9:00-3:00 SHINE
9:30-11:30 Knitter's Group
10:00 Bay Area Sr Cyclists
10:30-11:30 Senior Fitness
10:30-Noon Woodcarving
11:30-1:00 Soup & Sandwich
2:00-4:00 Fuel Assistance

3
9:00-11:00 Shopping at Market Basket (off Cape)
9:00-11:00 TOPS
9:00-Noon Food Pantry
9:00-3:00 SHINE at JBL
11:15-12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wts
12:30 Mah Jongg
1:30 Canasta

10
9:00-11:00 TOPS
9:00-11:00 Shopping at Super Wal Mart - Wareham
9:00-Noon Food Pantry
9:00-3:00 SHINE at JBL
11:15-12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wts
12:30 Mah Jongg
1:30 Canasta

17 9:00-11:00 Shop at Market Basket (off Cape)
9:00-11:00 TOPS
9:00-Noon Food Pantry
9:00-3:00 SHINE at JBL
10:00-Noon Tech Help appointments with Brian
11:15-12:15 Sit & Be Fit
12:15 -1:15 Sr Yoga & Wts
1:00 COA Board Meeting with Friends Board Meeting to follow
12:30 Mah Jongg
1:30 Canasta

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THANKSGIVING DAY
Senior Center and Community Building
CLOSED

Friends of Bourne Council on Aging
Holiday Craft & Bake Sale
Saturday, November 8, 2014
9:00AM to 2:00PM

The Bourne Veterans Memorial Community Ctr
239 Main Street, Buzzards Bay

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9:00 Zumba Gold
9:00- 10:00 Sr Yoga
9:00-3:00 SHINE
9:30 Crafty Ladies
1:00-3:00 A Matter of Balance program

11
VETERAN'S DAY
Senior Center and Community Building
CLOSED
Veterans Day

18 9:00 Zumba Gold
9:00 Newsletter Vol
9:00- 10:00 Sr Yoga (check with instructor)
9:00-3:00 SHINE
10:30 Commemorating Our History
10:30-12:30 Sight Loss Support Group at Cape Cod Sr Res in Pocasset (transportation available)
1:00 Movie
1:00-3:00 A Matter of Balance program

25
9:00 Zumba Gold
9:00- 10:00 Sr Yoga
9:00-3:00 SHINE