

BOURNE COUNCIL ON AGING OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
<p>3 9:00-10:00 Yoga 9:00-11:00 Sr Quilters 10:30-11:30 Meditation for Beginners Noon: Community Café</p> 	<p>4 9:00-11:00 Shopping at Market Basket (Cape side) 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</p> 	<p>5 9:00 Zumba Gold 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 1:00-3:00 SHINE</p>	<p>6 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 10:00-11:30 Spousal Grief Support Group 11:15-12:15 Sit & Be Fit 12:15 -1:15 Sr Yoga & Wts 12:30 Mah Jongg 1:30 Canasta 2:00 Info Session- School Building Committee 4:00 Coping with Early Memory Loss Bridging The Years</p>	<p>7 9:00 Zumba Gold 9:00- 10:00 Sr Yoga 9:30 Crafty Ladies 1:00-3:00 A Matter of Balance program</p> 
<p>10 COLUMBUS DAY Senior Center and Community Building CLOSED</p> 	<p>11 9:00-3:00 Trip to Wydah Pirate Museum - lunch at Capt Parkers Chowder Hse 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 2:00 Info Session - Police Facility Building Committee</p>	<p>12 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 10:00-11:00 Yarn Give Away 10:00 Bay Area Sr Cyclists 10:00-11:30 Caregivers Support 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</p>	<p>13 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 10:00-11:30 Spousal Grief Support Group 11:15-12:15 Sit & Be Fit 12:15 -1:15 Sr Yoga & Wts 12:30 Mah Jongg 1:00-2:30 Estate & Medicaid Planning Program 1:30 Canasta</p>	<p>14 9:00 Zumba Gold 9:00- 10:00 Sr Yoga 9:00-3:00 SHINE 9:30 Crafty Ladies 10:30 Commemorating Our History 1:00-3:00 A Matter of Balance program</p>
<p>17 9:00-2:00 Shops at the 5 Lunch at East Bay Grill 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 1:30 Never Stop Learning program 7:00 SPECIAL TOWN MEETING at BHS</p>	<p>18 9:00-11:00 Shopping at Market Basket (Cape side) 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</p> 	<p>19 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</p>	<p>20 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 10:00-11:30 Spousal Grief Support Group 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</p>	<p>21 9:00 Zumba Gold 9:00 Newsletter Volunteers 9:00- 10:00 Sr Yoga 9:00-3:00 SHINE 9:30 Crafty Ladies 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</p>
<p>24 9:00-2:00 Falmouth Shop lunch at 99 Restaurant 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</p>	<p>25 9:00-11:00 Powerful Tools for Caregivers Series 9:00-11:30 Atty Mello 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</p>	<p>26 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 Support 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</p>	<p>27 9:00-11:00 Shop at Cranberry Plaza (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 1:00-2:30 Understanding Trusts Program 1:30 Canasta 5:00-7:00 Food Pantry</p>	<p>28 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</p>
<p>31 9:00-10:00 Yoga 9:00-11:00 Sr Quilters 10:30-11:30 Meditation for Beginners Noon: Community Café Halloween Party transportation available</p> 	<p style="color: red;">Friends of Bourne COA Fundraiser Psychic Fair and Craft Show Saturday, October 1, 2016 10:00 AM to 4:00 PM Readers, Mediums, Card Readers, Astrology.....Crafts, Jewelry, Gifts, Crystals, Original Crafts and More . . Bourne Veterans Memorial Community Center, 239 Main Street, Buzzards Bay <u>SEE YOUR NEWSLETTER FOR DETAILS</u></p>			