April 2016 ROCKPORT COA 58 Broadway 978-546-2573

SENIOR CENTER HOURS 8:00-4:00PM Mon.-Thurs. 8:00-1:00PM Fri.

Mall Shopping with CATA every Wednesday. Pick up at the Senior Center. Call CATA for reservations, 978-283-7916	***Registration Times for Classes & Activities that require payment are Tuesdays, 1:30-3:00PM Thursdays, 9:30-11:00***	***FREE Tai Chi for the Month of April. A big thank you to Seacoast Nursing & Rehabilitation for sponsoring this class for the month.***	***Ping Pong Thursdays from 2-4PM***	Fri. 1 9:00-10:00 SHINE by Appointment 10:00-11:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 4 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 	Tues. 5 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 AARP Tax Help 1:00 Stephen Collins as Walt Whitman 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class	Wed. 6 9:00-10:00 FREE Tai Chi 9:30 CATA Mall Shopping Pickup 11:30-12:15 Traveling Chef Luncheon 1:00-3:00 Elizabeth's Art Class 	Thurs. 7 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:00 Senior Mobile Market 10:30-11:30 Free Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 2:00-4:00 Ping Pong 1:00-3:30 Knitting/Quilting	Fri. 8 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 11 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo	Tues. 12 10:00-11:30 Organizing Your Computer 10:30-11:30 Fall Prevention Exercise 11:30–12:15 Lunch 1:00-3:30 AARP Tax Help 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class	Wed. 13 9:00-10:00 FREE Tai Chi 9:30 CATA Mall Shopping Pickup 1:00-3.00 Elizabeth's Art Class 9:30-10:30 Dick Curran 11:30-12:15 Lunch	Thurs. 14 9:00-10:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 Nurse 10:00-11:30 Organizing Your Computer 10:30-11:30 Fall Prevention Exercise 10:30-12:00 Free Duplicate Bridge Lesson 11:30-12:15 Special Lunch eon 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting	Fri. 15 9:00-10:00 Strength/Balance 11:30-12:15 Lunch
Mon. 18 **CLOSED** 	Tues. 19 9:00-10:00 Yoga 10:30-11:30 Fall Prevention Exercise 11:30-12:15 Lunch 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class	Wed. 20 9:00-10:00 FREE Tai Chi 9:30 CATA Mall Shopping Pickup 11:30-12:15 Lunch 1:00-3:00 Elizabeth's Art Class 1:00-2:00 Credit Card Skimming Presentation	Thurs. 21 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-12:00 Free Duplicate Bridge Lesson 10:30-11:30 Fall Prevention Exercise 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:30-3:00 Knitting/Quilting	Fri. 22 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 25 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo	Tues. 26 9:00-10:00 Yoga 10:30-11:30 Low Vision Presentation 10:30-11:30 Fall Prevention Exercise 11:30-12:15 Lunch 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class	Wed. 27 9:00-10:00 FREE Tai Chi 9:30 CATA Mall Shopping Pickup 11:30-12:15 Lunch 1:00-3:00 Elizabeth's Art Class	Thurs. 28 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Fall Prevention Exercise 10:30-12:00 Free Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:30-3:00 Knitting/Quilting 2:00-4:00 Ping Pong	Fri. 29 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch