May 2015 ROCKPORT COA SENIOR CENTER HOURS

Director: Diane Bertolino 978-546-2573

8:00-4 PM M-TH

8:00-1:00 PM FRI

Duck Race **May 30th 11AM** **Millbrook Meadow** **Tickets $5.00**		**May is the 50th Anniversary Of the Older American Act**	***National Sr. Health & Fitness Day*** **Wednesday, May 27th** ***12:00-4:00 Student Art Display*** ***Call for Free Hearing Tests & Diabetic Shoe Fitting Appointments.*** 	Fri. 1 9:00-10:00 Strength/Balance 11:30-12:15 Lunch
Mon. 4 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga 	Tues. 5 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:00 Art Class 1:30-3:00 Register for Programs	Wed. 6 9:00-10:00 Tai Chi 9:30 Twin Rivers Casino Day Trip 11:30-12:15 Lunch 1:00- 3:00 Scrabble 	 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 Bridge Lesson 11:30-12:15 Mother's Day Luncheon 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 	Fri. 8 9:00-10:00 Strength/Balance 11:30-12-15 Lunch
Mon. 11 9:00-10:00 Strength/Balance 10:00-11:30 iPad-iPhone Class 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga 	Tues. 12 9:00-10:00 Yoga 11:30–12:15 Lunch 1:00-3:00 Art Class 4:30-6:00 AGH Senior Supper Club 1:30-3:00 Register for Programs	Wed. 13 9:00-10:00 Tai Chi 9:00-10:00 Bruce Tarr's Representative 10:00-11:30 iPad-iPhone Class 11:30-12:15 Traveling Chef 12:30-1:30 Celebrating New England 12:30-3:30 Landscape Painting Class 1:00-3:00 Scrabble	Thurs. 14 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 1:00-3:00 Watercolor Workshop Part 1 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 10:00-11:00 Strength/Balance 10:00-11:30 iPad-iPhone Class 11:30-12:15 Lunch 1:00-3:00 Bingo 2:30-3:30 Yoga	 Tues. 19 9:00-10:00 Yoga 11:30-12:15 Lunch 11:30-12:30 PACE Presentation/Pizza Party 1:00-3:00 Art Class 1:30-3:00 Register for Programs	Wed. 20 9:00-10:00 Tai Chi 10:00-11:30 iPad-iPhone Class 11:30-12:15 Lunch 12:30-3:30 Landscape Painting Class 1:00-3:00 Scrabble	Thurs. 21 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:00 Watercolor Workshop Part 2 1:00-3:00 Knitting/Quilting 	Fri. 22 9:00-10:00 Strength/Balance 11:30-12:15 Lunch
Mon. 25 CLOSED MEMORIAL DAY	Tues. 26 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:00 Art Class 1:30-3:00 Register for Programs	Wed. 27 9:00-10:00 Tai Chi/11:30-12:15 Lunch ***National Sr. Health & Fitness Day*** **9:00-11:00 Free Hearing Tests,** **9:00-11:30 Free Diabetic Shoe Fitting** **10:00-10:20 Free Intro to Tai Chi** **10:30-11:00 Free Strength & Balance** **1:30-2:00 Make a pair Earrings $2.00** **2:00-2:30 Free Intro to Yoga**	 Thurs. 28 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:00 Knitting/Quilting	Fri. 29 10:00-11:00 Strength/Balance 11:30-12:15 Lunch