OCTOBER 2016 ROCKPORT COA 58 Broadway 978-546-2573

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

Mon. 3 10:00-11:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 	Tues. 4 9:00-10:00 Yoga 11:30-12:15 Lunch 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs 	Wed. 5 9:00-10:00 Tai Chi 9:30-10:30 Dick Curran 9:30 CATA Wal-Mart Shopping Pickup 10:30-11:30 Fall Prevention 11:30-12:15 Lunch 1:00-3:00 Elizabeth's Art Class	Thurs. 6 9:00-10:00 Yoga 10:00-11:00 Senior Mobile Market 9:30-11:00 Register for Programs 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 2:00-3:30 Ping Pong	Fri. 7 9:30-12:30 SHINE by appointment 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 10 ***CLOSED*** 	Tues. 11 9:00-10:00 Yoga 11:30-12:15 Lunch 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs	Wed. 12 9:00-10:00 Tai Chi 9:30 CATA Christmas Tree Shop Pickup 10:30-11:30 Fall Prevention 11:30-12:15 Lunch 12:30-1:30 AAA Presents Ready, Set, Winter 1:00-3:00 Elizabeth's Art Class	Thurs. 13 9:00-10:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 Nurse 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 2:00-3:30 Ping Pong	Fri. 14 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 17 9:00-10:00 Strength/Balance 10:00-11:30 Windows 10 Class 11:30-12:15 Lunch 1:00-3:30 Bingo	Tues. 18 9:00-10:00 Yoga 11:30–12:15 Lunch 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs 4:30 AGH Supper Club 4:30 Fish Shack Dinner (Here) 5:30 COA Board Meeting	 Wed. 19 9:00-10:00 Tai Chi 9:30 CATA Trader Joe's Shopping 10:00-11:30 Windows 10 Class 10:30-11:30 Fall Prevention 11:30-12:15 Traveling Chef Luncheon 1:00-3:00 Elizabeth's Art Class	Thurs. 20 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Duplicate Bridge Lesson 11:30-12:15 Special Luncheon 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 2:00-3:30 Ping Pong	Fri. 21 9:00-10:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch EXERCISE &WELLNESS
Mon. 24 9:00-10:00 Strength/Balance 10:00-11:30 Windows 10 Class 11:30-12:15 Lunch 1:00-3:30 Bingo	Tues. 25 9:00-10:00 Yoga 11:30-12:15 Lunch 1:30-3:30 Carla's Art Class 1:30-3:00 Register for Programs	Wed. 26 9:00-10:00 Tai Chi 9:30 CATA Mall Shopping Pickup 10:00-11:30 Windows 10 Class 10:30-11:30 Fall Prevention 11:30-12:15 Lunch 1:00-3:00 Elizabeth's Art Class	Thurs. 27 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Duplicate Bridge Lesson 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 2:00-3:30 Ping Pong	Fri. 28 10:00-11:00 Strength/Balance 11:30-12:30 Yoga 11:30-12:15 Lunch
Mon. 31 10:00-11:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo	***SHREDDER AVAILABLE*** 	***Check out CATA's Wednesday Shopping Trips Different places each week!***	***Thursdays, 2:00-3:30*** 	***Registration Times for Classes & Activities that require payment are on Tuesdays, 1:30-3:00 and Thursdays, 9:30-11:00***