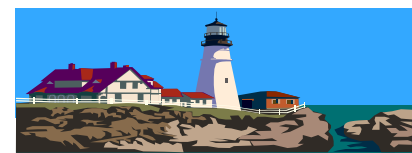




April 2018 ROCKPORT COA 58 BROADWAY 978-546-2573

SENIOR CENTER HOURS 8-4 Mon.-Thurs. 8-1 Fri.



<p>Mon. 2</p> <p>9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 3 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:00-4:00 AARP Tax Preparation 1:30-3:30 Movie/Thank You For Your Service 1:30-3:00 Register for Programs</p>	<p>Wed. 4 </p> <p>9:00-10:00 Tai Chi 9:30 CATA Walmart Trip 10:30-11:30 Enhance Fitness <b>11:30-12:15 Traveling Chef Lunch</b> 1:00-3:00 Canasta</p>	<p>Thurs. 5 </p> <p>8:45-9:45 &amp; 10:00-11:00 Yoga 9:30-11:00 Free Consults with Lawyer 10:30-11:30 Duplicate Bridge Lesson 9:30-11 Register for Programs 10:00-11:00 Sr. Mobile Market 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 6</p> <p>9:00-10:00 Strength/Balance 9:30-12:30 SHINE by Appointment 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 9</p> <p>9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo 1:00-2:00 How to Publish Your Book on Amazon</p>	<p>Tues. 10 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:00-4:00 AARP Tax Preparation 1:30-3:30 Movie/American Made 1:30-3:00 Register for Programs</p>	<p>Wed. 11 </p> <p>9:00-10:00 Tai Chi 9:30 CATA Christmas Tree Shop Trip 10:30-11:30 Enhance Fitness 11:00-12:00 Sen. Tarr's Rep. Dick Curran 11:30-12:15 Lunch 1:00-3:00 Canasta <b>4:00-6:00 Spring Fling Party</b></p>	<p>Thurs. 12 </p> <p>8:45-9:45 &amp; 10:00-11:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 VNA Nurse 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-2:30 Knitting/Quilting</p>	<p>Fri. 13</p> <p>9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 16</p> <p><b>Closed</b></p> <p><b>Patriots Day</b></p> 	<p>Tues. 17 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Marshall 1:30-3:00 Register for Programs</p>	<p>Wed. 18</p> <p>9:00-10:00 Tai Chi 10:30-11:30 Enhance Fitness 9:30 CATA Trader Joe's Trip 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 19</p> <p>8:45-9:45 &amp; 10:00-11:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Duplicate Bridge Lesson <b>11:30-12:15 Special Lunch</b> 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 20</p> <p>9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p> 
<p>Mon. 23</p> <p>9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p> 	<p>Tues. 24 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Mark Felt: The Man Who Brought Down the White House 1:30-3:00 Register for Programs</p>	<p>Wed. 25</p> <p>9:00-10:00 Tai Chi 9:30 Liberty Tree Mall &amp; North Shore Mall 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:00 Canasta 4:00-6:00 AGH Supper</p>	<p>Thurs. 26</p> <p>8:45-9:45 &amp; 10:00-11:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 27</p> <p>9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 30</p> <p>9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p><b>Need a ride to come to lunch?</b> <b>Free Transportation through CATA and the Senior Center</b> <b>Call 978-283-7916</b></p>	<p><b>Lucky Duck Race Tickets</b> <b>\$5.00</b></p> 	<p><b>Exercise Room &amp; Shredder Hours</b> <b>8:30-3:30</b></p>	<p><b>Registration &amp; Payment</b> <b>Tuesday 1:30-3PM</b> <b>Thursday 9:30-11AM</b></p>