



February 2018 **ROCKPORT COA** 58 Broadway 978-546-2573
SENIOR CENTER HOURS 8:00-4:00PM Mon.-Thurs. 8:00-1:00PM Fri.



Don't miss the Chinese Food Luncheon & Family Feud Game with host Chris Culkeen from WBZ on Wednesday, Feb.21st, 12-2:30PM. Prizes for the winners. \$6.00/lunch, register by 2/15



Thurs. 1
 8:45-9:45 & 10:00-11:00 Yoga
 9:30-11:00 Register for Programs
 10:00-11:00 Senior Mobile Market
 10:30-11:30 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. 2
 9:00-10:00 Strength/Balance
 9:30-12:30 SHINE (by Appointment)
 10:15-11:15 Free Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch

Mon. 5
 9:00-10:00 Strength/Balance
 10:30-11:30 Free Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:00 Bingo

Tues. 6
 9:00-10:00 Yoga
 1:00-4:00 RSVP Taxes
 1:00-4:00 Hearing Tests by Appointment
1:30-3:30 Movie/Daddy's Home
 1:30-3:00 Register for Programs

Wed. 7
 9:30 CATA Walmart
 9:30-10:30 Sen.Tarr's Rep. Dick Curran
 10:30-11:30 Free Enhance Fitness
11:30-12:15 Traveling Chef Lunch
 1:00-3:00 Canasta



Thurs. 8
 9:00-10:00 Yoga
 9:30-11:00 Register for Programs
 9:30-11:30 VNA Nurse
 10:00-11:00 Senior Mobile Market
 10:30-11:30 Duplicate Bridge Lesson
 11:30-12:15 Lunch
 12:00-4:00 Duplicate Bridge
 12:30-1 Birthday Party
 1:00-3:30 Knitting/Quilting
 2:00-3:30 Ping Pong



Fri. 9
 9:00-10:00 Strength/Balance
 10:15-11:15 Free Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch



Mon. 12
 9:00-10:00 Strength/Balance
 10:30-11:30 Free Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:00 Bingo



Tues. 13
 9:00-10:00 Rockport High School Community Coffee Hour
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
 1:00-4:00 RSVP Taxes
1:30-3:30 Movie/The Mountain Between Us
 1:30-3:30 Carla's Art Class

Wed. 14
 9:00-10:00 Tai Chi
 9:30 CATA Christmas Tree Shop Trip
 10:30-11:30 Free Enhance Fitness
 1:00-3:00 Canasta
 1:00-3:00 Elizabeth's Art Class



Thurs. 15
 9-10:00 Yoga
 9:30-11:00 Register for Programs
 10:30-11:30 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
 6:30-7:30 Strength & Balance Class

Fri. 16
 9:00-10:00 Strength/Balance
 10:15-11:15 Free Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch

Mon. 19
CLOSED



Tues. 20
 9:00 -10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
 1:00-4:00 RSVP Taxes
1:30-3:30 Movie/Geostorm
 1:30-3:30 Carla's Art Class
 1:30-3:00 Register for Programs
 6:30-7:30 Strength & Balance Class



Wed. 21
 9:00-10:00 Tai Chi
 9:30 CATA Trader Joe's Trip
 10:30-11:30 Free Enhance Fitness
12-2:30 Chinese Food Lunch and Friendly Feud Game
 1:00-3:00 Canasta
 1:00-3:00 Elizabeth's Art Class



Thurs. 22
 9-10:00 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
 2:00-3:30 Ping Pong
 6:30-7:30 Strength & Balance Class

Fri. 23
 9:00-10:00 Strength/Balance
 10:15-11:15 Free Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch

Mon. 26
 9:00-10:00 Strength/Balance
 10:30-11:30 Free Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:30 Bingo

Tues. 27
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
1:30-3:30 Movie/Stronger
 3:30-4:30 Carla's Art Class
 1:30-3:00 Register for Programs
 6:30-7:30 Strength & Balance Class



Wed. 28
 9:00-10:00 Tai Chi
 9:30 CATA Liberty Tree & North Shore Malls
 10:30-11:30 Free Enhance Fitness
 11:30-12:15 Lunch
 12:00-1:00 Pizza Party with PACE
 1:00-3:00 Canasta
 1:00-3:00 Elizabeth's Art Class



Tuesdays 1:30-3:30PM

Exercise Room Hours
Mon.-Thurs. 8:30-3:30
Fri. 8:30-12:30
You must sign a release form in the office to use the equipment