



# April



Monday	Tuesday	Wednesday	Thursday	Friday
	When Amesbury Public schools are closed due to weather the COA is closed. When there are delays we are open.	New Times!  Lunch will be served daily From 11:15 to 11:45am	10am Bereavement Group Starts 3/31	1  9:00 Men's group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping
4  9:00 Wii 10: Art w/ Cara 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes r back!	5  11am Brown Bag 9:30 Busy Needles 10 Blankets for kids 10 Health Nurse 12:15 Bingo 2:30p TV Series– Showing	6  10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise <b><u>2:00 3B Fitness!</u></b>	7  8:30 Yoga <b>Thx Maplewood</b> 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line 1p bridge 1:00 Low Vision – 2:30 C-AMP	8  9:00 Men's Peer social group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping
11  9:00 Wii 10: Art w/ Cara 9:00 <b><u>Veteran Breakfast</u></b> 11:20 <b>Merrimack Valley Health Center</b> Sponsor lunch 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 4:30 <b>ACE dinner</b>	12  9:30 Busy Needles/ 10:00 Blankets4kids/Health Nurse 10 PageTurners 12:15 Bingo 2:30 TV Series– Showing 4:00 <b>MAE West</b>	13  9:00–3:00 AARP TAXES 9:00 Simply foot care/podiatry 10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise <b><u>2:00 3B Fitness!</u></b>	14  9:00–3:00 AARP TAXES 8:30 Yoga <b>Thx Maplewood</b> 8:30 Meet the Lawyer 9:30 Iris / 10:00 Zumba 1:00 Bridge/ line dancing 2:30 C-AMP 4:30 COA Board	15  9:00 Men's Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping
18  Closed, Patriots Day  	19  <b>10:00 Senior Medicare Patrol</b> 9:30 Busy Needles/Blanekts4kids 10:00 Health Nurse 11:20 Sponsored lunch, <b>Maplewood Care and Rehab.</b> 12:15 Bingo/215 TV Series– <b>6:00 Paint Night Fundraiser</b>	20  10:00 SHINE/ Watercolor 10:00 Meditation Group 1120 Sponsored lunch: <b>Country Rehab Center</b> 1:00 Exercise <b><u>2:00 3B Fitness!</u></b>	21  <b>2:30 C-AMP</b> 8:30 Yoga <b>Thx Maplewood</b> 9:30 Iris/10 Zumba 12:00 <u>Birthday party</u> 1p Line 1p bridge 3p FCOA Board 7pm NAMI groups	22  9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping
25  9:00 Wii/10: 00 Art w/Cara 12:00 Movie 1:00 Chair Exercise 2:00 Mah Jongg	26  8:10 Annmary on WNBP 9:00 <b>Coffee w. Chiefs</b> 9:30 Busy Needles/Blanekts4kids 12:15 Bingo 2:30 TV Series– Showing	27  10:00 <b><u>BEING MORTAL</u></b> 10:00 SHINE/Watercolor 10:00 Meditation Group 1120 Sponsored lunch: <b>Country Rehab Center</b> 100 Exercise <b><u>2:00 3B Fitness!</u></b>	28  8:30 Yoga <b>Thx Maplewood</b> 9:30 Iris/10 Zumba 1 p Line 1p bridge 2:30 C-AMP	29  9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping