



May 2016

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Wii 10: Art Class 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes</p>	<p>3</p> <p>11am Brown Bag 9:30 Busy Needles 10 Blankets for kids 12:15 Bingo 2:30p TV Series– Showing</p>	<p>4</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE!</u></p>	<p>5</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line 1p bridge 1:00 Low Vision – 2:30 C-AMP</p>	<p>6</p> <p>9:00 Men's group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping</p>
<p>9</p> <p>9:00 Wii 10: Art Class 11:20 Merrimack Valley Health Center Sponsor lunch 12 Movie- 1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes</p>	<p>10</p> <p>Free Breakfast w/Great Danes 9:30 Busy Needles 10 Blankets for kids 10 Health Nurse 12:15 Bingo 2:30p TV Series– Showing</p>	<p>11</p> <p>9:00 Coffee w. Chiefs 9:00 Simply foot care/podiatry 10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p>12</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line 1p bridge 2:30 C-AMP 4:30 COA Board</p>	<p>13</p> <p>9:00 Men's Peer social group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping MAY 14TH AGE OF LOVE!</p>
<p>16</p> <p>9:00 Wii 10: Art w/ Cara 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 4:30 Chowder Cook off! Tickets on Sale \$5 FCOA/ \$8 non FCOA members</p>	<p>17</p> <p>9:30 Busy Needles/ 10:00 Blankets4kids/Health Nurse 11:20 Sponsored lunch, Maplewood Care and Rehab 12:15 Bingo 2:30 TV Series– Showing</p>	<p>18</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p>19</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris / 10:00 Zumba 12:00 <u>Birthday party</u> 1:00 Bridge/ line dancing 2:30 C-AMP/3p FCOA Board /7pm NAMI groups</p>	<p>20</p> <p>9:00 Men's Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time <u>12:45 3B Fitness! FREE</u> 1:30 Shopping</p>
<p>23</p> <p>9:00 Wii 10: Art Class 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg</p>	<p>24</p> <p>9:30 Busy Needles/Blanekts4kids 10:00 Health Nurse 12:15 Bingo/215 TV Series–</p>	<p>25</p> <p><u>10am Horse Races– Open to ALL</u> 10:00 SHINE/ Watercolor 10:00 Meditation Group 1120 Sponsored lunch: Country Rehab Center 1:00 Exercise <u>2:00 3B Fitness! FREE</u> <u>4:00 Volunteer Appreciation</u></p>	<p>26</p> <p>8:30 Yoga Thx Maplewood 8:30 Meet the Lawyer 9:30 Iris/10 Zumba 1p Line 1p bridge 2:30 C-AMP</p>	<p>27</p> <p>9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping</p>
<p>30</p> <p>Closed  Memorial Day</p>	<p>31</p> <p>9am Older American Breakfast FREE RSVP 9:30 Busy Needles/Blanekts4kids 12:15 Bingo 2:30 TV Series– Showing</p>	<p>1</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 1120 Sponsored lunch: 100 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p>2</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 1 p Line 1p bridge 2:30 C-AMP</p>	<p>3</p> <p><u>12:45 3B Fitness! FREE</u> 9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping</p>