

MAY 2024

BOURNE COA CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening	2 9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards	3 9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:00-11:30 Computer Class 10:30 Chair Yoga & Sound Meditation <b>2:00 Connection Café</b>
6 9:00 Mens Fitness 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards <b>1:00 Advanced Directives Presentation</b> <b>1:00 Book Club</b> 2:30 Balance & Condition	7 9:30 Senior Fitness 9:30 Canalside Artists <b>10:00 Domestic Violence Counseling</b> <b>10:30 Rug Hooking</b> 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 Mah Jongg <b>2:00 Financial Planning</b> 3:00 Tai Chi	8 <b>9:00 Veterans Coffee Hour</b> 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic <b>10:00-2:00 CCRTA Go Cards</b> 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core	9 9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards	10 9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:00-11:30 Computer Class 10:30 Chair Yoga & Sound Meditation
13 9:00 Men's Fitness 9:00 Yoga 9:30 Quilters Group <del>10:30 Chair Yoga &amp; Sound Meditation</del> 10:30 Senior Basketball 1:00 Games-Puzzles-Cards <b>2:30 AFSC Caregiver &amp; Companion Support Group</b> 2:30 Balance & Condition	14 9:30 Senior Fitness 9:30 Canalside Artists <b>11:00 American First Ladies Presentation</b> 12:00 Yoga & Weights 1:00 Cyd's To Go Meals 1:00 Mah Jongg <b>1:00-3:00 Elder Law (SCCLS)</b> <b>1:00 Garden Talk Presentation</b> 3:00 Tai Chi	15 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic 10:00-2:00 Respite Day Prog 10:00-11:30 Computer Class 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening	16 9:30 Senior Fitness 10:00-2:00 Respite Day Program. <b>11:00 COA Advisory Board</b> 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards	17 9:00 Yoga & Weights 9:00 COA Crafters <i>NO ZUMBA</i> 10:00-11:30 Computer Class <b>10:00-2:00 SE Deaf Seniors Support Group</b> <b>10:30 Hearing Clinic</b> <del>10:30 Chair Yoga &amp; Sound Meditation</del> <b>1:00 Movie: Irish Wish</b>
20 9:00 Yoga 9:30 Quilters Group 10:30 Chair Yoga & Sound Meditation 10:30 Senior Basketball 1:00 Games-Puzzles-Cards <b>1:30 Drum Circle</b> 2:30 Balance & Condition	21 9:30 Senior Fitness 9:30 Canalside Artists <b>11:00 Team Trivia</b> 12:00 Yoga & Weights <b>12:30-2:45 Elder Law (ML)</b> 1:00 Cyd's Meals to go 1:00 Mah Jongg 3:00 Tai Chi	22 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic <b>9:00-11:30 Elder Law (CB)</b> 10:00-2:00 Respite Day Prog 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core	23 9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards	24 9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation
27 <b>Closed</b> <b>Memorial Day</b> 	28 9:30 Senior Fitness 9:30 Canalside Artists <b>10:30 Low Vision &amp; Sight Loss Support Group</b> 12:00 Yoga & Weights 1:00 Cyd's Meals to go 1:00 Mah Jongg 3:00 Tai Chi	29 9:00 Balance & Conditioning 9:00-10:30 Wellness Clinic <b>9:00-10:00 Coffee Chat</b> 10:00-2:00 Respite Day Prog 11:00 Walk n' Talk 11:30-1:00 Lunch 12:15-3:15 SHINE 1:00 Gadget Assistance 2:00-4:00 Buried in Treasures 2:30 Back Care & Core Strengthening	30 9:30 Senior Fitness 10:00-2:00 Respite Day Program 11:30-1:00 Lunch 12:00 Yoga & Weights 1:30 Canasta/Cards	31 9:00 Yoga & Weights 9:00 COA Crafters 9:30-10:30 Zumba 10:30 Chair Yoga & Sound Meditation