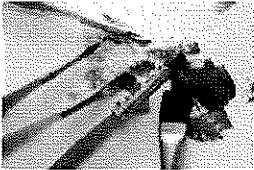
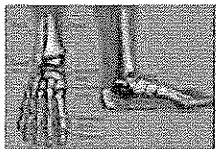
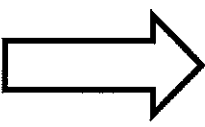


STOUGHTON COA CALENDAR MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking Club 3 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writer's Club 12:15 Bananagrams	7:30 Grocery Shopping 4 10:00 Coloring! 10:30 Grocery Shopping 11:30 MARDI GRAS BINGO BINGO	8:00 Walking Club 5 11:00 Lunch w/Charlie 11-12:30 Town Lunch 12:00 Scrabble 3:00 COA Board Meeting NO FOREVER FIT NO GENTLE YOGA	10:30 Blood Pressure 6 11:00 Boxed Lunch for Ladies 11:00 Men's Brunch 11:00-12:30 Quilting 11:30 Bereavement Group 1:00-2:30 Crochet 3:00-5:00 French Class 5:00 Zumba Gold MEN'S BRUNCH	8:00 Walking Club 7 9:00 Balance 9:30-11:30 Watercolor 
8:00 Walking Club 10 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams • NO FOOT CARE • CALL FOR FOOD PANTRY	7:30 Grocery Shopping 11 9:30-12 In the Lobby with Alan Romagnolo of Gather Health 10:00 Coloring! 10:30 Grocery Shopping 11:30 BINGO 9:30 GATHER HEALTH	8:00 Walking Club 12 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Ruth's POP UP Class Sign-up! \$2.50 RUTH!	10:30 Blood Pressure 13 11-12:30 Town Brunch (No Transportation Available) 11:00-12:30 Quilting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00-2:30 Crochet 3:00-5:00 French Class 5:00 Zumba Gold FOOD PANTRY DELIVERY	8:00 Walking Club 14 9:00 Foot Stability & Ankle Mobility Class 1 9:00 Breakfast Club @ Beantown Diner 9:30-11:30 Watercolor 
8:00 Walking Club 17 9:30 FOREVER FIT 10:30 TAI CHI 11:00 Lunch w/Charlie 11:30 MOOVIN & GROOVIN 12:00 Mah Jong 12:30 Bananagrams 2:00 Decorate Cookies	7:30 Grocery Shopping 18 9:30-11:30 In the Lobby Nancy Andrie Wingate 11:00 Short Story 10:30 Grocery Shopping 11:30 BINGO 	8:00 Walking Club 19 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00-3:30 Hearing Life Appointments with Aldina FREE HEARING TESTS!	10:30 Blood Pressure 20 11-12:30 Quilting/Knitting 11:00 Bunny's Ladies Brunch 11:00 Boxed Lunch for Men 11:30 Bereavement Group 1:00-2:30 Crochet 1:00-3 Multiple Sclerosis 3:00-5:00 French Class 5:00 Zumba Gold	8:00 Walking Club 21 9:30-11:30 Watercolor 9:00 Foot Stability & Ankle Mobility Class 2 
8:00 Walking Club 24 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Writer's Club 12:00 Mah Jong 12:30 Bananagrams	7:30 Grocery Shopping 25 10:30 Grocery Shopping 11:00 Short Story Group 11:30 BINGO 	8:00 Walking Club 26 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00-Pirate Real Pirates Salem - The Wreck of the Whydah Offsite Show and Tell Presentation	10:30 Blood Pressure 27 11-12:30 Quilting/Knitting 11:30 Bereavement Group 12:00 UFO Program 1:00-2:30 Crochet 3:00-5:00 French Class 5:00 Zumba Gold UFO PROGRAM	8:00 Walking Club 28 9:00 Foot Stability & Ankle Mobility Class 3 10-11:30 Apple Club with Bill Perry 
8:00 Walking Club 31 9:00-11:15 Haircuts with Diana 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams 1:30 Low Vision Support Group HAIRCUTS	7:30 Grocery Shopping April 1 9:30-12 In The Lobby Eavan Dixey, PAM 10:00 Coloring! 11:30 BINGO  LOW VISION GROUP	8:00 Walking Club April 2 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble TOWN ELECTION APRIL 8 Call for a ride 781-344-8882	 Two Carolyn's 	Red - Craft Room Orange - Parking Lot Green - Big Room Blue - Lobby Indigo - Library Violet - Lunch Room Pink - Off-Site 