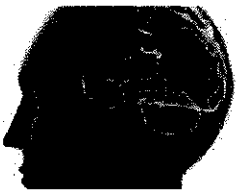
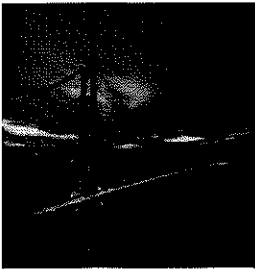


STOUGHTON COA CALENDAR MAY 2025

Stoughton Council on Aging ~ www.stoughton.org/355/Council-on-Aging

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red - Craft Room Orange - Parking Lot Green - Big Room Blue - Lobby Indigo - Library Violet - Lunch Room Pink - Off-Site	NO LOW VISION GROUP THIS MONTH		10:30 Blood Pressure 1 11:00 Lunch w/Charlie 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 3:00 French Class 3 5:00 Zumba Gold	8:00 Walking Club 2 9:00 Balance Class 2 9:30 Watercolor 3 
8:00 Walking Club 5 9:30 Forever Young & Fit 10:00 Flower Arranging 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Writer's Club 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 6 10:00 Coloring 10:30 Gather Health 10:30 Grocery Shopping 11:30 BINGO 	8:00 Walking Club 7 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Kev Tech 3:00 COA Board Meeting 	10:30 Blood Pressure 8 11:00 Quilting/Knitting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00 Crochet 3:00-5:00 French Class 4 5:00 Zumba Gold	8:00 Walking Club 9 9:00 Balance class 3 9:00 Breakfast Club @ Beantown Diner 9:30 Watercolor 4 
8:00 Walking Club 12 9:00 Foot Care 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 12:15 Bananagrams	7:30 Grocery Shopping 13 10:00 Coloring 10:30 Grocery Shopping 11:30 BINGO 	8:00 Walking Club 14 9:30 Forever Young & Fit 10-1 Shredding 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Kev Tech	10:30 Blood Pressure 15 11:00 Quilting/Knitting 11:00 Lunch w/Charlie 11:00 Bunny's Brunch 11:30 Bereavement Group 1:00 Crochet 1-3 MS Support Group 3:00-5:00 French Class 5 5:00 Zumba Gold	8:00 Walking Club 16 9:00 Balance class 4 9:30 Watercolor 5 10-11:30 Apple Club with Bill Perry
8:00 Walking Club 19 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch w/Charlie 11:30 Movin & Groovin 12:00 Mah Jong 12:30 Bananagrams	7:30 Grocery Shopping 20 10:00 Coloring 10:30 Grocery Shopping 11:30 BINGO NO SHORT STORY GROUP	8:00 Walking Club 21 9:00 Best of Boston Bus Trip 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 1:00 Yellow Dot Program	10:30 Blood Pressure 22 11:00 Lunch w/Charlie 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Art for your mind 1:00-2:30 Crochet 3:00-5:00 French Class 6 5:00 Zumba Gold	8:00 Walking Club 23 9:00 Balance class 5 9:30 Watercolor 6 
26 CLOSED MEMORIAL DAY 	27 7:30 Grocery Shopping 10:00 Coloring 10:30 Grocery Shopping 11:30 BINGO 	28 8:00 Walking Club 9:30 Forever Young & Fit 10:30 New Yoga w/Deb 11:00 Lunch w/Charlie 12:00 Scrabble 2:00 Card Making	29 10:30 Blood Pressure 11:00 Quilting/Knitting 11:30 Bereavement Group 11:45 Parrot Head Show 1:00 Crochet 5:00 Zumba Gold	30 8:00 Walking Club 9:00 Balance Class 6 