

STOUGHTON COA CALENDAR SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED HAPPY LABOR DAY 	2 7:30 Grocery Shopping 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo	3 8:00 Walking Club 9:30 Forever Young & Fit 9:30 Gin Rummy 10:00 One on One IT Help w/Bill Perry 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 3:00 COA Board Meeting	4 9:00 Line Dancing 10:30 Blood Pressure 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba Gold	12 8:00 Walking Club 9:00 Balance w/Steve
8 8:00 Walking Club 9:00 Foot Care 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams	9 7:30 Grocery Shopping 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	10 8:00 Walking Club 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 60's PopUp w/Ruth	11 9:00 Line Dancing 10:30 Blood Pressure 11:00 Quilting/Knitting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00 Crochet 3:00 Spanish w/Delores 5:00 Zumba Gold	12 8:00 Walking Club 9:00 Breakfast Club @ Beantown Diner 9:00 One on One IT Help w/Bill Perry 9:00 Balance w/Steve 9:30 Watercolor
15 8:00 Walking Club 9:30 Forever Young & Fit 9:30 Haircuts 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writing Group 12:15 Bananagrams 1:00 Tea w/Therapy Gardens	16 7:30 Grocery Shopping 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:00 Short Story Group 11:30 Bingo 	17 8:00 Walking Club 11:30 Is There a YOU? 12:00 Scrabble 1:00 Hearing Screening 1:30 KevTech NO EXERCISE TODAY	18 9:30 Haircuts 10:00 Bunny's Brunch 10:30 Blood Pressure 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 1:00 MS Support Group 3:00 Spanish w/Delores 5:00 Zumba Gold	19 8:00 Walking Club 9:00 Balance w/Steve 9:30 Watercolor 10:00 Coloring/Puzzles 
22 8:00 Walking Club 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writing Group 12:15 Bananagrams 1:00 Fraud Prevention	23 7:30 Grocery Shopping 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	24 8:00 Walking Club 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:30 Low Vision Group 1:30 KevTech	25 10:30 Barn Babies 10:30 Blood Pressure 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 3:00 Spanish w/Delores 5:00 Zumba Gold	26 8:00 Walking Club 9:00 Balance w/Steve 9:30 Watercolor 10:00 Coloring/Puzzles
29 8:00 Walking Club 9:00 Coffee Social 9:30 Forever Young & Fit 10:30 Tai Chi 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams No Transportation Today!	30 7:30 Grocery Shopping 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo		Red - Craft Room Orange - Parking Lot Green - Big Room Blue - Lobby Indigo - Library Violet - Lunch Room Pink - Off-Site	