

STOUGHTON COA CALENDAR OCTOBER 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		8:00 Walking Club 1 9:00 Flu Shots 9:30 Forever Young & Fit 9:30 Gin Rummy 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 2:00 Flu Shots	9:00 Line Dancing 2 10:30 Blood Pressure 11:00 Lunch 11:00 Flu Clinic 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 3:00 Spanish w/Delores 5:00 Zumba Gold	8:00 Walking Club 3 9:00 Balance w/Steve 6 9:30 Watercolor 5 10:00 Coloring/Puzzles
8:00 Walking Club 6 9:00 Foot Care 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writing Group 12:15 Rummikub	7:30 Grocery Shopping 7 10:00 One on One IT Help w/Bill Perry 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 8 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 3:00 COA Board Meeting	9:00 Line Dancing 9 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	8:00 Walking Club 10 9:00 Breakfast Club @ Beantown Diner 9:00 Zumba Pop-Up 9:30 Watercolor 6 10:00 Coloring/Puzzles
CLOSED COLUMBUS DAY 	7:30 Grocery Shopping 14 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 15 9:30 Forever Young & Fit 10:00 Vaccinations 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 Hearing Screening 1:00 Larchmont Remembered	9:30 Haircuts 16 10:30 Blood Pressure 11:00 Lunch 11:00 Men's Brunch 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	8:00 Walking Club 17 9:00 One on One IT Help w/Bill Perry 9:00 Balance w/Steve 1 9:30 Watercolor 1
8:00 Walking Club 20 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Rummikub 1:00 NE Wildlife	7:30 Grocery Shopping 21 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:00 Short Story Group 11:30 Bingo	8:00 Walking Club 22 8:00 Salem Cross Inn 11:00 Lunch w/Nuplalife 12:00 Scrabble 1:30 Low Vision Group 1:00 KevTech No Exercise Today	10:00 Fall Fest 23 5:00 Zumba Gold NO Blood Pressure or Bereavement Group	8:00 Walking Club 24 9:00 Balance w/Steve 2 9:30 Watercolor 2 10:00 Coloring/Puzzles
8:00 Walking Club 27 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 Rummikub 1:00 Fire Safety	7:30 Grocery Shopping 28 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 29 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 KevTech 1:00 Fall Craft	9:00 Line Dancing 30 10:30 Blood Pressure 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 1:00 Halloween Harvest 5:00 Zumba Gold	8:00 Walking Club 31 9:00 Balance w/Steve 3 9:30 Watercolor 3 10:00 Coloring/Puzzles 