

STOUGHTON COA CALENDAR NOVEMBER 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				Turn your clocks one hour back this weekend!
8:00 Walking Club 3 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 New England Wildlife	7:30 Grocery Shopping 4 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo In the Lobby - Avon 	8:00 Walking Club 5 9:30 Spanish 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 KevTech 3:00 COA Board Meeting	9:00 Line Dancing 6 10:30 Blood Pressure 11:00 Quilting/Knitting 11:00 Lunch 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba Gold	8:00 Walking Club 7 9:00 Balance w/Steve 9:30 Watercolor 10:00 Coloring/Puzzles
8:00 Walking Club 10 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	Closed 11 Veterans Day 	8:00 Walking Club 12 9:30 Spanish 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 11:30 Blue Hills Lunch 12:00 Scrabble 1:00 Singo Bingo	9:30 Haircuts 13 10:30 Blood Pressure 11:00 Quilting/Knitting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00 Crochet 5:00 Zumba Gold	8:00 Walking Club 14 9:00 Balance w/Steve 9:00 Breakfast Club @ Beantown Diner 9:00 IT Help w/Bill Perry 9:30 Watercolor
8:00 Walking Club 17 9:30 Forever Young & Fit 9:30 Haircuts 10:00 IT Help w/Bill Perry 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Rummikub 1:00 MBTA Presentation	7:30 Grocery Shopping 18 9:00 Newport Playhouse 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:00 Short Story Group Please Arrive for the Trip by 9AM No Bingo	8:00 Walking Club 19 9:30 Spanish 11:30 Thanksgiving Dinner w/Jumpin Juba No Exercise or Scrabble	10:30 Blood Pressure 20 11:00 Lunch 11:00 Bunny's Brunch 11:00 Craft Fair 11:30 Bereavement Group 1:00 Crochet 1:00 MS Support Group 5:00 Zumba Gold	8:00 Walking Club 21 9:00 Balance w/Steve 9:30 Watercolor 10:00 Coloring/Puzzles
8:00 Walking Club 24 11:00 Lunch 12:00 Writing Group 1:00 Birthday Party No Exercise or Games	7:30 Grocery Shopping 25 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo In the Lobby- Homeward Vet 	8:00 Walking Club 26 9:30 Spanish 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:30 Low Vision Group No Transportation After 12PM	CLOSED 27 Happy Thanksgiving 	8:00 Walking Club 28 No Transportation No Balance No Watercolor