

Middleton COA Programs-Services-Events DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
<i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</i>	1 1PM– Game Time! 6PM—(FLZ) Writing Group 7PM– (FLZ) Guided Meditation	2 1PM— Knitting/Crafts	3 11:30AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise	4 12PM-1PM Food Pantry
7 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo Memory Café (Z)	8 1PM - Art w/Ethel 7PM– (FLZ) Guided Meditation	9 1PM - Knitting/Crafts	10 9:30AM Exercise 11AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise	11 10:30AM (FLZ) -Current Events Discussion Group 12PM-1PM Food Pantry
14 S.H.I.N.E. Counseling (by Appt). 10AM– Yoga 1PM– Bingo	15 1PM—Game Time! 6PM- (FLZ) Writing Group 7PM— (FLZ) Guided Meditation	16 1PM- Knitting/Crafts Caregiver Support Group (Z)	17 10:30 AM—Book Club 11:30AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise	18 10:30AM– Bridge the Gap Politics (FLZ) 12PM-1PM Food Pantry
21 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo	22 1pm– Art w/Ethel 7PM– (FLZ) - Guided Meditation	23 1PM - Knitting/Crafts	24	25 HOLIDAY OBSERVED
28 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo	29 1PM– Game Time! 6PM—(FLZ) Writing Group 7PM– (FLZ) Guided Meditation	30 1PM— Knitting/Crafts	31—New Year’s Eve	<i>Visit the programs descriptions index For more information on offerings</i>

ATTENTION – Exercisers: To reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. The COA or Town of Middleton will not be responsible or liable for any injury or harm you sustain as a result of our zoom fitness program.

Did you know...The library has a pick up service for library materials. Call the library or visit their website.