

Middleton COA Programs-Services-Events NOVEMBER 2020

Mon	Tue	Wed	Thu	Fri
2 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo	3 1PM– Game Time! 6PM—(FLZ) Writing Group 7PM– (FLZ) Guided Meditation	4 1PM— Knitting/Crafts	5 11:30AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise 1PM	6 12PM-1PM Food Pantry
9 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo Memory Café (Z)	10 1PM - Art w/Ethel 7PM– (FLZ) Guided Meditation	11 VETERANS DAY OBSERVED	12 9:30AM Exercise 11AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise	13 10:30AM (FLZ) - Current Events Discussion Group 12PM-1PM Food Pantry
16 S.H.I.N.E. Counseling (by Appt.) 10AM– Yoga 1PM– Bingo	17 1PM—Game Time! 6PM- (FLZ) Writing Group 7PM— (FLZ) Guided Meditation	18 1PM- Knitting/Crafts Caregiver Support Group (Z)	19 10:30 AM—Book Club 11:30AM—Bring Your Bagged Lunch and Chair (FL) 1PM– Exercise	20 10:30AM– Bridge the Gap Politics (FLZ) 12PM-1PM Food Pantry
23 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo	24 1pm– Art w/Ethel 7PM– (FLZ) - Guided Meditation	25 9:30AM COA Board Meeting 1PM - Knitting/Crafts	26 THANKSGIVING DAY	27 12PM-1PM TBD Food Pantry
30 S.H.I.N.E Counseling (by appt.) 10AM—Yoga 1PM—Bingo			<i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</i>	<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.