

## Middleton COA Programs-Services-Events JANUARY 2021

Mon	Tue	Wed	Thu	Fri
<i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</i>		<i>Visit the programs descrip- tions index for more infor- mation on activities</i>		<b>1</b> 9:30AM– Grocery Group Shopping 12-1PM—Food Pantry
<b>4</b> 1PM—Bingo (In Person OR via Zoom)	<b>5</b> 9:30AM - Exercise with Bon- nie (In Person at COA) 6PM- (FLZ) Writing Group 7PM– (FLZ) Guided Medita- tion	<b>6</b> 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)	<b>7</b> 9:30AM—Grocery Group Shopping 3PM—Digitizing Pho- tos (In Person or Re- mote)	<b>8</b> 9:30AM– Grocery Group Shopping 10:30AM (FLZ) -Current Events Discussion Group 12PM-1PM—Food Pantry
<b>11</b> 1PM– Bingo (In Person OR via Zoom)	<b>12</b> 9:30AM—Exercise with Bonnie (In Person at COA) 7PM— (FLZ) Guided Medita- tion	<b>13</b> 11AM—Caregiver Café Group (Z) 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)	<b>14</b> 9:30AM—Grocery Group Shopping 10:30 AM—Book Club 3PM—Digitizing Pho- tos (In Person or Re- mote)	<b>15</b> 9:30AM– Grocery Group Shopping 10:30AM– Bridge the Gap Politics (FLZ) 12PM-1PM—Food Pantry
<b>18</b> 1PM—Bingo (In Person OR via Zoom)	<b>19</b> 9:30AM– Exercise with Bonnie (In Person at COA) 6PM- (FLZ) Writing Group 7PM– (FLZ) Guided Medita- tion	<b>20</b> 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)	<b>21</b> 9:30AM—Grocery Group Shopping 3PM—Digitizing Pho- tos (In Person or Re- mote)	<b>22</b> 9:30AM—Grocery Group Shopping 10:30AM (FLZ) Current Events Discussion Group 12PM-1PM—Food Pantry
<b>25</b> 1PM—Bingo (In Person OR via Zoom)	<b>26</b> 9:30AM– Exercise with Bonnie (In Person at COA) 7PM– (FLZ) Guided Medita- tion	<b>27</b> 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)	<b>28</b> 9:30AM—Grocery Group Shopping 3PM—Digitizing Pho- tos (In Person or Re- mote)	<b>29</b> 9:30AM—Grocery Group Shopping 12-1PM—Food Pantry

**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? Pick-up services are available at Flint Library!**