

Middleton COA Programs-Services-Events FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
<p>1 1PM– Bingo (In Person and via Zoom)</p>	<p>2 9:30AM—Exercise with Bonnie (In Person at the COA) 6PM- (FLZ) Writing Group 7PM– (FLZ) Guided Meditation</p>	<p>3 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)</p>	<p>4 9:30AM—Grocery Group Shopping 3PM—Digitizing Photos (In Person or</p>	<p>5 9:30AM– Grocery Group Shopping 10:30AM— (FLZ) Just Think Group 12-1PM Food Pantry</p>
<p>8 1PM—Bingo (In Person and via Zoom)</p>	<p>9 9:30AM - Exercise with Bonnie (In Person at the COA) 7PM– (FLZ) Guided Meditation</p>	<p>10 11AM—(FLZ) Taiji Qigong 11AM—Caregiver Café Group 3PM—Digitizing Photos (In Person or Remote)</p>	<p>11 9:30AM—Grocery Group Shopping 3PM—Digitizing Photos (In Person or Remote)</p>	<p>12 9:30AM– Grocery Group Shopping 10:30AM (FLZ) -Current Events Discussion Group 12PM-1PM—Food Pantry</p>
<p>15 1PM– Bingo (In Person and via Zoom)</p>	<p>16 9:30AM—Exercise with Bonnie (In Person at the COA) 6PM- (FLZ) Writing Group 7PM— (FLZ) Guided Meditation</p>	<p>17 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)</p>	<p>18 9:30AM—Grocery Group Shopping 10:30 AM—Book Club 3PM—Digitizing Photos (In Person or Remote)</p>	<p>19 9:30AM– Grocery Group Shopping 10:30AM– Bridge the Gap Politics (FLZ) 12PM-1PM—Food Pantry</p>
<p>22 1PM—Bingo (In Person and via Zoom)</p>	<p>23 9:30AM– Exercise with Bonnie (In Person at the COA) 7PM– (FLZ) Guided Meditation</p>	<p>24 11AM—(FLZ) Taiji Qigong 3PM—Digitizing Photos (In Person or Remote)</p>	<p>25 9:30AM—Grocery Group Shopping 3PM—Digitizing Photos (In Person or Remote)</p>	<p>26 9:30AM—Grocery Group Shopping 10:30AM (FLZ) Current Events Discussion Group 12PM-1PM—Food Pantry</p>
	<p><i>Visit the programs descriptions index for more information</i></p>	<p><i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</i></p>		

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!