

Middleton COA Programs-Services-Events MAY 2021

Mon	Tue	Wed	Thu	Fri
3 1PM – Bingo (In Person and via Zoom)	4 10:30AM — Walking Club 6PM- (FLZ) Writing Group	5 Book Club: Time TBD 11AM —(FLZ) Taiji Qigong 1PM – Weekly Scenic Rides	6 9:30AM —Grocery Group Shopping 10:30AM — Exercise w/Bonnie 10:30AM — Walking Club 11:30AM —Library Lunch	7 9:30AM – Grocery Group Shopping 10:30AM — (FLZ) Just Think—Write Now! Group 12-1PM Food Pantry
10 1PM —Bingo (In Person and via Zoom)	11 10:30AM — Walking Club	12 11AM —(FLZ) Taiji Qigong 1PM – Weekly Scenic Rides	13 9:30AM —Grocery Group Shopping 10:30AM —Exercise w/Bonnie 10:30AM — Walking Club 11:30AM —Library Lunch	14 9:30AM – Grocery Group Shopping 10:30AM (FLZ) -Bridging the Gap– Political Topics 12PM-1PM —Food Pantry
17 1PM – Bingo (In Person and via Zoom)	18 10:30AM — Walking Club 6PM- (FLZ) Writing Group	19 11AM —(FLZ) Taiji Qigong 1PM – Weekly Scenic Rides	20 9:30AM —Grocery Group Shopping 10:30AM —Exercise w/Bonnie 10:30AM — Walking Club 11:30AM — Library Lunch	21 9:30AM – Grocery Group Shopping 12PM-1PM —Food Pantry
24 1PM —Bingo (In Person and via Zoom)	25 10:30AM — Walking Club	26 11AM —(FLZ) Taiji Qigong 1PM – Weekly Scenic Rides	27 9:30AM —Grocery Group Shopping 10:30AM – Exercise w/Bonnie 10:30AM — Walking Club 11:30AM —Library Lunch	28 9:30AM —Grocery Group Shopping 10:30AM (FLZ) Current Events Discussion Group 12PM-1PM —Food Pantry
31 MEMORIAL DAY	<i>Visit the programs descriptions index for more information</i>		<i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</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!