

Middleton COA Programs-Services-Events JUNE 2021

Mon	Tue	Wed	Thu	Fri
<i>Middleton Senior Center and Council on Aging To Register Call: 978-777-4067</i>	1 10:30AM— Walking Club 6PM- (FLZ) Writing Group	2 Book Club: TBD 11AM—(FLZ) Taiji Qigong 1PM– Weekly Scenic Rides	3 9:30AM—Grocery Group Shopping 10:30AM—Exercise w/Bonnie 10:30AM— Walking Club 11:30AM—Library Lunch	4 9:30AM– Grocery Group Shopping 10:30AM— (FLZ) Just Think— Write Now! Group 12-1PM Food Pantry
7 1PM—Bingo (In Person and via Zoom)	8 10:30AM— Walking Club	9 11AM—(FLZ) Taiji Qigong 1PM– Weekly Scenic Rides	10 9:30AM—Grocery Group Shopping 10:30AM - Exercise w/Bonnie 10:30AM— Walking Club 11:30AM—Library Lunch	11 9:30AM– Grocery Group Shopping 10:30AM (FLZ) -Bridging the Gap– Political Topics 12PM-1PM—Food Pantry
14 1PM– Bingo (In Person and via Zoom)	15 10:30AM— Walking Club 6PM- (FLZ) Writing Group	16 11AM—(FLZ) Taiji Qigong 1PM– Weekly Scenic Rides	17 9:30AM—Grocery Group Shopping 10:30AM—Exercise w/Bonnie 10:30AM— Walking Club 11:30AM— Library Lunch	18 9:30AM– Grocery Group Shopping 12PM-1PM—Food Pantry
21 1PM—Bingo (In Person and via Zoom)	22 10:30AM— Walking Club	23 11AM—(FLZ) Taiji Qigong 1PM– Weekly Scenic Rides	24 9:30AM—Grocery Group Shopping 10:30AM—Exercise w/Bonnie 10:30AM— Walking Club 11:30AM—Library Lunch	25 9:30AM—Grocery Group Shopping 10:30AM (FLZ) Current Events Discussion Group 12PM-1PM—Food Pantry
28 1PM– Bingo (In-person or via Zoom)	29	30		

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!