



# THE SENIOR CONNECTION

KEEPING WALTHAM SENIORS INFORMED AND IN TOUCH

## MARCH 2024



Meet **Patrick O'Brien**, the new Director of the Waltham Senior Center. Patrick is a performance-driven business professional with over thirty years of private sector experience including seventeen years at the management/director level. Patrick was responsible for identifying and building mutually beneficial relationships with senior centers, councils on aging, long-term support services, aging service access programs (ASAPS), federally qualified health centers (FQHCs) and other community-based organizations throughout New England. Patrick also previously served as a Waltham Councillor-at-large for 9 terms. His mother Marie was a Waltham Public School Teacher for 22 years and his father was a member of the Waltham COA Board for 22 years. His wife Kate teaches at Our Lady Academy in Waltham. They have two teenaged daughters Caroline and Amelia. When asked why he wanted this opportunity, Patrick answered "I have always enjoyed working with seniors and continuing to serve the people of Waltham is a dream come true."

### FREE BRANDEIS STUDENT MUSIC WEDNESDAYS,

**MARCH 13 & APRIL 17 @ 2:45 PM**

Performance students from Brandeis Community, Engagement Through Music will perform a variety of musical styles for your enjoyment. **Please register.**

### MAPLE SYRUP MAGIC WITH LAND'S SAKE FARM & LUNCH AT LONGFELLOWS WAYSIDE INN THURSDAY, MARCH 14 @ 8:30 & 9:30 AM

Learn all about the magic of local Maple Syrup making. In this program explore the process of making maple syrup, from tree to pancakes. The first part of the program will include an in-depth tour of Land's Sake's Bill Mclaine Sugarhouse. The second part will focus on the finished product, sampling different types of maple syrup. Part of this program will take place outside. After the Sugar Maple Magic we will head off to The Wayside Inn country store for a bit of shopping and then over to Longfellow's Wayside Inn for a lovely lunch. Lunch choices are Pot Roast, Roast Native Turkey or New England Baked Schrod. Buses will depart Sacred Heart Church at 8:30 & 9:30 AM. Returning around 3:00 PM. Space is limited. **pre-registration is required. Cost is \$50.00 pp and is due at registration.**

### THURSDAY, MARCH 28 @ 12:00 PM

Please join us as in welcoming our new director, Patrick O'Brien for a meet and greet luncheon. **Free, Registration is required.**

### Waltham Council on Aging

488 Main Street • Waltham, MA 02452 / Phone 781-314-3499 • Fax 781-899-7373

Monday, Wednesday, Thursday & Fridays 8:30AM —4:30PM, Tuesdays 8:30AM —7:00 PM

**SAINT PATRICKS DAY CONCERT  
THE BOSTON HARBOR BHOYS  
FRIDAY, MARCH 15, 1:00PM—2:00PM**

The Boston Harbor Bhoys are an American Celtic band. Though their repertoire is focused on traditional Irish and Scottish songs and tunes, Don't be surprised if they break out some reinterpreted pop songs on a whim. Their sense of fun and enjoyment will set your feet to tapping or your heart to breaking. Wear your green. Refreshments will be served. **Please register.**

**SPRING PICKLEBALL @ THE RECREATION  
CENTER**

**FRIDAYS, APRIL 5, 12, 26; MAY 10, 17, 24, 31  
(No program April 19 and May 3)  
Sign up begins on Tuesday, March 12th.**

**BEGINNERS:** 10:45 AM—11:30 AM  
(Max enrollment—8)

**RETURNERS:** 11:35 AM—12:30 PM  
(Max enrollment—16 plus a waitlist,

**WALTHAM HOUSING FOOD DRIVE  
FOR SENIORS/DISABLED ADULTS  
FRIDAY, MARCH 15th 2:30-4:40 PM  
SATURDAY, MARCH 16th 9:00AM-12:00PM**

Please bring a bag of your favorites to share in one of our 4 food pantries. Gift cards (\$20 and up) are greatly appreciated too! All donations can be dropped off at 292 Grove Street on either date.

Waltham Public Housing has 11 buildings offering units for income eligible Seniors and Disabled Adults residing in Waltham. We have 4 pantries.

Pine Street, serving 120 units  
Prospect Street, serving 60 units  
Grove Street, serving 60 units  
Dale Street (2 bldgs.), Serving 36 units in total

Questions please call Ann Callahan, Service Coordinator. Waltham Housing Authority @ 781-894-3357 ext. 268.

**FREE BOILED DINNER AT SHOPPER'S CAFÉ'  
MONDAY MARCH 18TH, 2024  
731 MOODY STREET**

Waltham seniors are invited to attend Shoppers Café' for their annual boiled dinner. You may select **one** seating: 11:00 AM OR 1:00 PM. Tickets are required at the door and are available at the senior center. **SOLD OUT**

**BENTLEY WALKING GROUP**

**MONDAY, MARCH 18 @ 10:00—11:00 AM**

Welcome back to the Bentley Walking Group. Please join Meredith Conroy & Isabella Gerber from Waltham Walks with MGB Physical Therapy as they offer recommendations to enhance your exercise routines, prevent injuries, and support your journey to better health.

**ZOOM NONFICTION BOOK DISCUSSION**

**TUESDAY, MARCH 19 @ 11:00 AM**

**Eighty Days: Nellie Bly and Elizabeth Bisland's History Making Race Around the World by Matthew Goodman.** Hard copies and audio books will be available at the Waltham public Library. A Zoom link and reminder will be sent to registrants a few days prior to the session. **Please register.**

**MINDFULNESS WORKSHOP**

**THURSDAY, MARCH 21 @ 1:00 PM**

This free workshop will teach you how to engage in and practice a variety of mindful and contemplative practices. Facilitated by Rev. Matt Carriker. **Please register.**

**REAGLE MUSIC THEATRE**

The Waltham Council on Aging and the Reagle Music Theatre of Greater Boston have teamed up to give you both wonderful musical performances and a great savings on tickets. The COA will have 20 tickets available for purchase at over a 30% discount. Tickets are \$34.00 pp (normally \$49.00) for the following shows. You are welcome to pick up a ticket for a non senior as well. This process allows us no service fees. Pre-registration is required and payment is due at registration.

**The Magic of Ireland**

Sunday, March 10 @ 2:00 pm

**Rogers and Hammersteins's South Pacific**

Sunday, June 16 @ 2:00 pm

**All Shook Up**

Sunday, July, 14 @ 2:00 pm

**An American in Paris**

Sunday, August 18 @ 2:00 pm

**FINANCIAL DIFFICULTY**

If you or someone you know is having financial difficulty paying for food, rent, heat, etc., please contact us at 781-314-3301. We may be able to locate the appropriate resources to help you. If financial hardship prevents you from participating in any of our programs, please contact the Council on Aging at 781-314-3497.

**WALTHAM SENIOR CENTER ART CLASS  
EXHIBIT AT THE LIBRARY  
MONTH OF MARCH**

Join us for an exciting exhibition of art by the students of the Waltham Senior Centers Thursday Morning Art Class. For the whole month of March in the first floor gallery at the Waltham Public Library their artwork will be on display. There will be a festive Artist's Reception on Thursday, March 14, 3:00—4:30 pm in the Trustee's Room on the second floor. Refreshments will be served. See beautiful watercolors, acrylics, oils, graphic media and more in this enchanting exhibition.

**2024 AARP TAX PROGRAM**

This free Federal and State tax preparation is provided to local residents by trained, certified AARP volunteers. The program mission is to assist older residents with low to moderate income. Returns cannot be prepared if you have rental income (including Airbnb), trust income, partnerships, business loss or business income beyond simple self-employment. Do not sign-up for a Feb. Appointment if you have a brokerage account. They may not send out their tax forms until March. Please bring ALL tax forms received plus last year's Federal and State returns. The program will begin on Monday, February 5th and run through Friday, April 12th. A Spanish speaking preparer is available on certain days & times. Call the senior center to schedule an appointment.

**2024 PARKING STICKER PROGRAM**

The 2024 Parking Stickers are available for purchase. This program is for Waltham residents age 62+. You must show your driver's license and vehicle registration at the time of purchase. The vehicle does not have to be registered in Waltham, but you must be a resident of Waltham. Stickers are not issued for commercial vehicles. The cost is \$5.00. The sticker entitles you to park up to 12 hours in all municipal parking lots except the Waltham Library and the Church Street lot.

**WALTHAM HAS A LOCKBOX PROGRAM.**

A lockbox allows Waltham Police & Fire personnel to access your home in an emergency situation. Please call Officer Jon Bailey for information and installation @ 781-314-3153.

**MOVIE: BEFORE YOU KNOW IT  
FRIDAY, MARCH 1, 2024**

**10:30 AM subtitles 1:00 PM no subtitles**

A pair of sisters find out that the mother they thought was dead is alive and starring on a soap oper. Hanna Pearl, Mandy Patinkin, Alec Baldwin. This film has not been rated. Comedy/Drama. 1h 38m. **Please Register.**

**MOVIE: EAT PRAY LOVE  
FRIDAY, MARCH 8, 2024**

**10:30 AM subtitles 1:00 PM no subtitles**

Liz Gilbert had everything a modern woman is supposed to dream of having—a husband, house, a successful career-yet like so many others, she felt lost, confused, and unsure of what she wanted in life. Newly-divorced and at a crossroads, Gilbert steps out of her comfort zone, risking everything to change her life, embarking on a journey around the world that becomes a quest for self-discovery travels, she discovers the true pleasure of nourishment by eating in Italy; the power of prayer in India; finally and unexpectedly, the inner peace and balance of true love in Bali. Julia Roberts, Richard Jenkins. PG13. Biography/Drama/Romance. 2h 13m. **Please Register.**

**MOVIE: GONE BABY GONE  
FRIDAY, MARCH 22, 2024**

**10:30 AM subtitles 1:00 PM no subtitles**

When 4 year old Amanda McCready disappears from her home and the police make little headway solving the case, the girl's aunt Beatrice McCready hires two private detectives. The detectives freely admit that they have little experience with this type of case, but the aunt wants them for two reasons—they're not cops and they know the tough Boston neighborhood in which they all live. The two detectives face drug dealers, gangs and pedophiles. When they are about to solve their case, they are faced with a moral dilemma that could tear them apart. Morgan Freeman, Ed Harris, Michelle Monaghan. Rated R. Crime/Drama/Mystery/Thriller. 1h 54m. **Please register.**

**MOVIE: IT'S COMPLICATED  
FRIDAY, MARCH 29, 2024**

**10:30 AM subtitles 1:00 PM no subtitles**

When brought together at a family event, two exes find themselves oddly attracted to each other after ten years of divorce. Meryl Streep, Alec Baldwin, Steve Martin, John Krasinski. Comedy/Drama/Romance. Rated R. 2h. **Please register.**

## ONGOING PROGRAMS AND SERVICES

**TRANSPORTATION** - The COA van provides transportation to medical appointments, grocery shopping, errands, social visits and trips to the senior center. This service is available in Waltham only, during business hours. Taxi vouchers can be purchased at half price.

**MEALS ON WHEELS** - Home delivered meals available Monday - Friday. Either covered by Springwell or private pay.

**SHINE** - Insurance counseling for Medicare recipients.

**INCOME TAX PREPARATION** - Provided by AARP volunteers.

**INFORMATION AND REFERRAL** - Legal services, home care information, assistance with nursing homes and assisted living facilities, financial assistance, housing options, mental health and substance abuse.

**MEDICAL EQUIPMENT LOAN PROGRAM** - Walkers, transport chairs, commodes, tub seats, etc.

**BLOOD PRESSURE AND PODIATRY CLINICS**

**SUPPORT GROUPS** - Bereavement and Caregivers.

**TELEPHONE REASSURANCE PROGRAM** - "Phone Friends"

**EDUCATION** - Presentations, computer classes and tutoring.

**VOLUNTEER OPPORTUNITIES** - Meals on Wheels, grocery shopping, phone reassurance, staff support, classes or presentations in your area of expertise.

**TRIAD PROGRAM** - Assistance from the Waltham Police Department.

**MONTHLY NEWSLETTER** - Call us to have the newsletter emailed to you or register for mail delivery.

**FITNESS PROGRAMS:** All fitness classes cost \$4.00 per person, per class. Check the calendar for the class schedule.

- **CHAIR EXERCISE** - Great for range of motion. It is designed to improve your strength, flexibility and balance while breathing deeply to reduce stress.
- **EXERCISE** - Develop cardiovascular strength and entire body strength. Resistance bands are incorporated to develop flexibility and pliability.
- **STRENGTH CLASS** - A full body weight lifting class that will improve muscular strength, bone density, and tender ligament health.
- **TAI CHI** - Good for balance and energy. It involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is low impact. The class is designed to help older adults increase flexibility and balance.
- **TAI-YO-BA** - Based on functional fitness and physical therapy exercises. Routines switch weekly increasing the transmission from the brain to the body that helps with coordination. More coordination equals less falls.
- **WALKING GROUP** - 1 Hour outdoor track walking at the Veterans Memorial Field, 385 Forest St., Waltham. Starting in September the group will walk the indoor track at Bentley University Dana Athletic Center, 450 Beaver Street, Waltham. Free.
- **ZUMBA** - Offers elements of Latin music and easy to follow steps that will develop stamina, coordination, fluidity and range of motion.

## ON GOING PROGRAMS AND SERVICES

**BILLIARDS** - Daily - Drop-in - Open play.

**BINGO** - Wednesday: 1:00 - 3:30

**BLOOD PRESSURE** - Wednesday: 9:00 -10:00 Drop-in. Nurses Office.

**BOCCE'** - Daily - Drop-in - Open play.

**BOOK DISCUSSION** - Third Tuesday of the month at 11:00. Non-fiction group meets via Zoom. To become part of the group, register with us. After registration, the group leader will contact you.

**BOWLING** - Tuesday & Wednesday: 11:00 - 1:00 - Registration Required - Cultural Community Center, 510 Moody St. - 781-314-3475

**BRIDGE LESSONS** - Tuesday: 9:30 -11:30 - Drop-in. \$10 per lesson.

**CANASTA** - Thursday: 1:00 - 3:00 - For anyone who knows how to play the game. No instruction offered.

**CHROME BOOK LOAN PROGRAM** - Borrow a tablet from the senior center for two months. One hour of instruction is included. No internet required; it's built into the tablet. Call 781-314-3499 to reserve.

**COMPUTER USAGE** - Drop-in to use the computers. Some exceptions apply.

**CONVERSATIONAL SPANISH** - Thursday: 9:00 - 10:00 - Drop-in - Free, weekly class to introduce the Spanish language in a conversational setting.

**CRIBBAGE**– Thursday: 1:00—4:00 Drop in

**HEARING CLINIC** - Last Monday of the month: 1:30 - 2:30 - West Newton Hearing offers free 10 min. appointments to clean and check pre-existing hearing aids or a screening.

**LEGAL SERVICES** - 3rd Tuesday of the month: 12:00 - 2:00 - Metro West Legal offers free 15-minute phone appointments with an attorney.

**LUNCH** - Every Wednesday: 12:00 - Reservations are due by Tuesday at 9:30. A \$2.50 contribution is appreciated. The menu is listed on the calendar page.

**MEDITATION** - Every Wednesday: 11:00 - 12:00 No charge.

**MEXICAN TRAIN DOMINOES** - Thursday: 12:00 - 3:00. For anyone who knows how to play the game.

**MOVIES** - 10:30 with subtitles - 1:00 no subtitles. To enjoy a bag of popcorn you must register in advance!

**PING PONG** - Daily - Drop-in - Open play.

**PICKLEBALL** - Friday: 11:00 - 11:30 - Beginners instruction - 11:35 - 12:30 -Intermediate, no instruction. Registration required. Cultural Community Center, 510 Moody St. 781-314-3475

**PODIATRIST** - Wednesday - Dr. Tuler offers routine nail and callus care at the senior center. Monthly service. Appointment required. \$35 cash or check made payable to Dr. Tuler.

**PUBLIC OFFICIALS** - Last Wednesday of the month: 10:00 - 12:00 - Drop-in. Senior Constituent Service Rep. Jay Higgins from Congresswoman Katherine Clark's Office is here to help you with any federal benefits or government programs.

**PEQUOSETTE QUILT GUILD** - Second Monday of the month: 7:00 - 8:30PM. New quilters welcome. For more info call Bonnie at 781-314-3499.

**RUMMIKUB** - Monday: 1:00 - 4:00 - Play with 2 or 4 players. Like gin rummy with tiles and more strategy.

**SUPPORT GROUP** - Loss of Spouse - Second Monday of the month: 1:00 - 2:00. For anyone who has endured the loss of a spouse and are seeking support.

**TARGET SHOPPING** - Weekly Friday afternoon shopping. Pick-ups begin @ 11:45. Registration required.

**TAXI VOUCHERS** - You may purchase 6 books of vouchers each month.

**VETERAN'S SERVICES** - Last Wednesday of the month: 12:30 - 1:30 - Drop-in. Meet one-on-one with Mike Russo, Director of Veteran's Services.

## **APRIL SNEAK PEEK**

### **RHODE ISLAND HOME & GARDEN SHOW AND BRUNCH AT THE BREAKFAST PLACE CAFÉ LOCALE THURSDAY, APRIL 4 @ 9:00 AM**

The Rhode Island Convention Center, situated in downtown Providence, is set to take center stage as the venue for the upcoming Rhode Island Home and Garden show. Attendees can explore the latest trend in home improvement, interior design and flowers and landscaping. We will begin with a 9:00 am departure from the Sacred Heart Church in Waltham and proceed to a delightful breakfast/brunch (pay on your own) at the Café Locale and then head to the Rhode Island Home & Garden show for two and a half hours for you to take in all the splendor of the show. We will leave the event at 2:30 to proceed home with an arrival time of approximately 3:30-4:00 pm. **Registration is required and a prepayment for the show of \$10.00 pp**

### **KEEFE TECK EAST SIDE ROOM SHOPPERS WORLD—SHOPPING THURSDAY, APRIL 12 @ 10:30 AM**

Lunch at the East Side Room features chef's choice of soup, mashed potato and vegetable, dessert and coffee, tea or soda with your choice of Baked Schrod or Baked Stuffed Chicken. A stop at Shoppers World after lunch for some retail therapy. The COA vans will depart from the Sacred Heart Church parking lot at 10:45 AM and return around 3:30 PM. **The cost is \$14.00 pp due at registration.**

**Registration for both trips will begin on Tuesday, March 12 @ 8:30 am.**

**COUNCIL ON AGING  
488 MAIN STREET  
WALTHAM, MA 02452-6131**

# MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 9:00 Ceramics 10:00 Walking Group <b>10:30 Movie/Subtitles</b> 11:30 Poker 12:30 Cards - Spades 1:00 Bridge: Instruction & Play <b>1:00 Movie: Before You Know It. Comedy/Drama/Romance PG13, 1h 48m.</b>
4. <b>9:00 Sagers &amp; Seekers</b> 9:30 Poker 9:30 Exercise Class 10:00 Knitting 10:00 Walking Group 10:45 Exercise Video 12:00 Zumba 1:00 Whist 1:00 Rummikub 1:30 Chair Volleyball	5. 9:00 Crochet 9:00 Tai Chi - Advanced 9:30 Bridge Lessons 10:00 Tai Chi Beginner 11:00 Mah Jong 11-1 Bowling 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons 1:00 Bridge Game 1:30 Chair Exercise <b>3:00 WDA</b> 3-4:30 Pickleball @ COA 5:00 Country Line Dance 6:00 Zumba	6. 9:00 Blood Pressure 9:00 Quilting <b>9:00 Sagers &amp; Seekers</b> 9:30 Exercise Class 10:00 Walking Group <b>10:30 Spanish Coffee Hour</b> 10:45 Exercise Video 11:00 Meditation <b>11:00 Reminiscing</b> 11-1 Bowling <b>12:00 Lunch: Hot Dog, Baked Beans or Turkey &amp; Swiss</b> 1:00 Bingo 1:00 Hand & Foot Game	7. 9:00 Jazzercise 9:00 Conversational Spanish 10:00 Painting 10:00 Mah Jong 10:15 Strength Class 10:45 Exercise Video <b>11:00 Reminisce Group</b> 11:00 Mah Jong 11:15 Tai-Yo-Ba 12:00 Dominoes <b>12:00 Computer Tutor</b> 12:30 Cards - Spades 1:00 Cribbage 1:00 Canasta	8. 9:00 Ceramics <b>10:00 Photo Group</b> 10:00 Walking Group <b>10:30 Movie/Subtitles</b> 11:30 Poker 12:30 Cards - Spades 1:00 Bridge: Instruction & Play <b>1:00 Movie: Eat Pray Love, Biography/Drama/Romance PG13, 2h 13m.</b>
11. 9:30 Poker 9:30 Exercise Class 10:00 Knitting 10:00 Walking Group 10:45 Exercise Video 12:00 Zumba 1:00 Digital Photo  1:00 Whist <b>1:00 Loss of Spouse Support Group</b> 1:00 Rummikub 1:30 Chair Volleyball 6:30 Quilt Guild	12.9:00 Crochet 9:00 Tai Chi - Advanced 9:30 Bridge Lessons 10:00 Tai Chi- Beginner 11-1 Bowling 11:00 Mah Jong 11:30 Ukulele Lessons 1  1:15 Tai-Yo-Ba Class 1:00 Bridge Game 1:30 Chair Exercise <b>3:00 WDA</b> 3-4:30 Pickleball @ COA 5:00 Country Line Dance 6:00 Zumba	13.9:00 Blood Pressure 9:00 Quilting 9:30 Exercise Class 10:00 Walking Group 10:45 Exercise Video <b>10:30 Spanish Coffee</b> 11:00 Meditation  <b>11:00 Reminiscing</b> 11-1 Bowling <b>12:00 Lunch: Chicken Marsala or Roast Beef &amp; Provolone</b> 1:00 Hand & Foot Game 1:00 Bingo <b>1:00 Brandeis Concert</b>	14. <b>9:00 Sugar Maple/Wayside Inn Trip</b> 9:00 Jazzercise 9:00 Conv. Spanish 10:00 Painting 10:00 Mah Jong  10:15 Strength Class 10:45 Exercise Video <b>11:00 Reminisce Group</b> 11:00 Mah Jong 11:15 Tai-Yo-Ba Class 12:00 Dominoes 1:00 Cribbage & Canasta	15. 9:00 Ceramics 10:00 Walking Group 10:45 Pickle ball-beg 11:30 Poker  12:30 Cards - Spades 1:00 Bridge: Instruction & Play <b>1:00 Boston Harbour Bhoys Concert</b>
18. <b>9:00 Sagers &amp; Seekers</b> 9:30 Poker 9:30 Exercise Class 10:00 Knitting 10:00 Walking Group 10:45 Exercise Video <b>11:00 Shoppers Café'</b> <b>12:00 Zumba</b> <b>1:00 Shoppers Café'</b> 1:00 Whist 1:00 Rummikub 1:30 Chair Volleyball	19.9:00 Crochet 9:00 Tai Chi - Advanced 9:30 Bridge Lessons 10:00 Tai Chi- Beginner 11:00 Mah Jong <b>11:00 Zoom Book Discussion Group</b> 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons 12:00 Legal Services 1:00 Bridge Game 1:30 Chair Exercise <b>3:00 WDA</b> 3-4:30 Pickleball @ COA 5:00 Country Line Dance 6:00 Zumba	20. <b>9:00 Sagers &amp; Seekers</b> 9:00 Blood Pressure 9:00 Quilting 9:30 Exercise Class <b>10:00 Dr. Tuler</b> 10:00 Walking Group <b>10:30 Spanish Coffee Hour</b> 10:45 Exercise Video 11:00 Meditation <b>12:00 Lunch: Roast Turkey or Tuna Salad</b> 1:00 Bingo 1:00 Hand & Foot Game	21. 9:00 Jazzercise 9:00 Conversational Spanish 10:00 Painting 10:00 Mah Jong 10:15 Strength Class 10:45 Exercise Video <b>11:00 Reminisce Group</b> 11:00 Mah Jong 11:15 Tai-Yo-Ba 12:00 Dominoes 12:30 Cards - Spades 1:00 Cribbage 1:00 Canasta <b>1:00 Mindfulness</b>	22. 9:00 Ceramics 10:00 No Walking Group <b>10:30 Movie/Subtitles</b> 11:30 Poker 12:30 Cards - Spades 1:00 Bridge: Instruction & Play <b>1:00 Movie: Gone Baby Gone Crime/Dramal/Mystery/Thriller Rated R. 1h 54m.</b>
25. <b>9:00 Sagers &amp; Seekers</b> 9:30 Poker 9:30 Exercise Class 10:00 Knitting <b>10:00 COA BOARD</b> 10:00 Walking Group 10:45 Exercise Video 12:00 Zumba 1:00 Whist 1:00 Rummikub 1:30 Chair Volleyball 1:30 Hearing Clinic	26.9:00 Crochet 9:00 Tai Chi - Advanced 9:30 Bridge Lessons 10:00 Tai Chi- Beginner 11:00 Mah Jong 11:15 Tai-Yo-Ba Class 11:30 Ukulele Lessons 1:00 Bridge Game 1:30 Chair Exercise <b>3:00 WDA</b> 3-4:30 Pickleball @ COA 5:00 Country Line Dance 6:00 Zumba	27. <b>9:00 Sagers &amp; Seek</b> 9:00 Blood Pressure 9:00 Quilting 9:30 Exercise Class <b>10:00 Jay Higgins</b> 10:00 Walking Group <b>10:30 Spanish Coffee Hour</b> 10:45 Exercise Video 11:00 Meditation <b>12:00 Post Roast or Chicken Salad</b> 1:00 Bingo 1:00 Hand & Foot Game 2:45 Brandeis Concert	28.9:00 Jazzercise 9:00 Conversational Spanish 10:00 Painting/Mah Jong 10:15 Strength Class 10:45 Exercise Video 11:00 Mah Jong 11:15 Tai-Yo-Ba 12:00 Dominoes 12:30 Cards - Spades 1:00 Cribbage/Canasta <b>12:00 Meet the Director Luncheon</b>	29.9:00 Ceramics 10:00 No Walking Group <b>10:30 Movie/Subtitles</b> 11:30 Poker 12:30 Cards - Spades 1:00 Bridge: Instruction & Play <b>1:00 Movie: It's Complicated Comedy/Drama/Romance Rated R. 2h</b>