Berkley Council on Aging Newsletter

January 2018

We are all recovering from the holidays and welcoming the New Year and all it brings. Our regular programs are running as usual but at the moment we have no special events scheduled. More to come in our February newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day	2	3	4	5
CLOSED	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi 11:00 - Friends of COA 1:00 PM - COA meeting	8:15 AM - Aerobics
8	9	10	11	12
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
15	16	17	18	19
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	9:45—Podiatry Clinic 10:00 AM - Tai Chi	8:15 AM - Aerobics
22	23	24	25	26
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution & Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi 11:00 - Friends of COA	8:15 AM - Aerobics
29	30	31		
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance		

Council on Aging

1 North Main Street

Berkley, MA 02779

Return service requested

PRESORTED STANDARD

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The distribution of this newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs

N O T I C E

FRIENDS OF THE COUNCIL ON AGING

2nd and 4th Thursday at 11:00 AM

Activity Room—Town Hall

HAPPY HEARTS

Meet every Monday
1:00 p.m.
Activity Room - Town Hall
For info call: Lorraine Judge,
at 508-672-2892
No meetings July and August.