

AUGUST

2016

Mon	Tue	Wed	Thu	Fri
1 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	2 Men's Exercise Class 10:45- Women's Reflections 6:30	3 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30	4 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	5 Strength Training 9:00-10:00 LINE DANCING 11:00
8 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	9 COA Board Meeting 10:00 Men's Exercise Class 10:45- Women's Reflections 6:30	10 Tai Chi 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Free Legal Assistance (By Appointment)	11 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	12 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30
15 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	16 Men's Exercise Class 10:45 High Tea 2:00 Women's Reflections 6:30	17 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Story Swap 11:00	18 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	19 Strength Training 9:00-10:00
22 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group Truro Public Library	23 Men's Exercise Class 10:45 Women's Reflections 6:30	24 Tai Chi 8:30 Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 COA CAFÉ 12:30 Adult Coloring Class 10:00	25 NEW DAY & TIME Bereavement 10:00-11:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	26 Strength Training 9:00-10:00
29 Strength Training 9:00-10:00 *Chair Massage a10:15-11:15 Memoirs Writing Group Truro Public Library 10:30	30 Men's Exercise Class 10:45 Women's Reflections 6:30	31 Tai Chi 8:30 Strength Training 9:00-10:00 COA CAFÉ 12:30 Coffee Hour 10:00 Adult Coloring Class 10:00		