SEPTEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1 **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	2 **Strength Training** 9:00-10:00
5 **LABOR DAY** **HOLIDAY** **COA CLOSED**	**6** **COA Board Meeting 10:00** **Men's Exercise Class 10:45-** **Women's Reflections 6:30**	**7** **Tai Chi 8:30** Strength Training 9:00-10:00 Coffee Hour 10:00 **Adult Coloring Class 10:00** **COA CAFÉ 12:30**	**8** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**9** **Strength Training** 9:00-10:00 **Mystery Book Club** 12:30-1:30
12 **Strength Training 9:00-10:00** Memoirs Writing Group Truro Public Library 10:30 ***Chair Massage** **10:15-11:15**	**13** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**14** **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 Only)** **Bereavement 1:00-2:30**	**15** **CORE 11-12:00** **PACE 12:30-1:30** Mahjongg 1:00-4 Tea Time 1:30	**16** **Strength Training** 9:00-10:00 **Dr. Campo Podiatrist (By Appointment Only)**
19 **Strength Training 9:00-10:00** ***Chair Massage** **10:15-11:15** Memoirs Writing Group Truro Public Library	**20** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**21** **Tai Chi 8:30** Strength Training 9:00-10 Coffee Hour 10:00 Story Swap 11:00 **COA CAFÉ 12:30** **Adult Coloring Class 10:00**	**22** **CORE 11-12:00** **PACE 12:30-1:30** Mahjongg 1:00-4 Tea Time 1:30	**23** **Strength Training** 9:00-10:00
26 **Strength Training 9:00-10:00** ***Chair Massage** **a10:15-11:15** Memoirs Writing Group Truro Public Library 10:30 **CCH BLOOD DRIVE** **12:00-6:00**	**27** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**28** **Tai Chi 8:30** Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 COA CAFÉ 12:30 & Picture Contest **Adult Coloring Class 10:00** **Bereavement 1:00-2:30**	29 **CORE 11-12:00** **PACE 12:30-1:30** Mahjongg 1:00-4 Tea Time 1:30	**30** **Strength Training** 9:00-10:00